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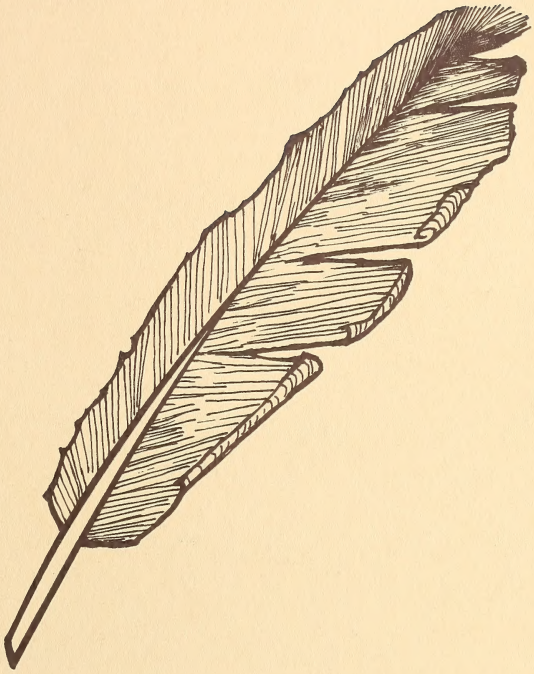

PROGRAMS FOR NATIVE SENIORS

1987-88

DON 794021

Working Together For You

Alberta government departments are working together to provide Alberta's senior citizens with a comprehensive range of services. Encouraging coordination of all of these services is the Interdepartmental Committee on Senior Citizens. Representatives from 10 departments meet regularly to exchange information on new program plans and program changes that will affect Alberta's senior citizens.

The Interdepartmental Committee on Senior Citizens

Advanced Education
Community and Occupational Health
Consumer and Corporate Affairs
Culture
Hospitals and Medical Care
Municipal Affairs
Recreation and Parks
Senior Citizens Secretariat
Social Services
Transportation and Utilities
Women's Secretariat

LEGISLATIVE ASSEMBLY
ALBERTA

October, 1987

As the member of the legislature appointed by the Provincial government to be responsible for the Senior Citizens Secretariat, and chairman of the Provincial Senior Citizens Advisory Council, I am pleased to bring you this revised edition of our Programs for Native Seniors booklet.

The Senior Citizens Secretariat would be interested in your comments and suggestions regarding this publication as these could be helpful in improving the next updating of the booklet.

This publication describes the major highlights of programs and services provided by the federal and provincial governments. The information is current as of October, 1987, but programs may change without notice. It is advisable to contact offices listed to ensure changes have not occurred, or to obtain more complete details about programs.

I hope you will find this booklet useful.

Sincerely

Harry E. Alger
M.L.A. Highwood

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GENERAL INFORMATION

LOCAL INFORMATION AND REFERRAL CENTRES

These centres can provide you with information about programs and services for Native people age 65 and over. Efforts are made to answer all questions or refer you to someone who can help. The following are those who have agreed to be included in this list.

ON RESERVE

Bands and Family and Community Support Services Programs (FCSS)

Lesser Slave Lake Indian
Regional Council, FCSS
Box 1740
High Prairie
TOG 1EO
(523-4401)

Alexander Band Office
Box 510
Morinville
TOG 1PO
(939-5887)

Resource Centre
(FCSS funded, same address)
(939-4346)

Alexis Band Office
Box 7
Glenevis
TOE OXO
(967-2225)

FCSS Program
(same address)

Bearspaw Band (Stoney) Office
Box 140
Morley
TOL 1NO
(881-3770 or 263-8355)

Beaver Lake Band Office
Box 960
Lac La Biche
TOA 2CO
(623-4549)

Bigstone Cree Band Office
General Delivery
Desmarais
TOG OTO
(891-3836)

Blackfoot Band Office
Box 249
Gleichen
TOJ 1NO
(264- 7250)

FCSS Program
(same address 734-3040)

Blood Tribe Department of Health
Box 229
Standoff
TOL 1YO
(737-3888)

FCSS Program
Box 30
Standoff
TOL 1YO
(737-3974 or 3753)

Chiniki Band (Stoney) Office
Box 40
Morley
TOL 1NO
(881-3770)

Cold Lake Band Office
Box 1769
Grand Centre
TOA 1TO
(594-7183)

Cold Lake First Nation
FCSS Program
Box 1769
Grand Centre
TOA 1TO
(594-7183)

FCSS Program
1020 - 8 Avenue
Cold Lake
TOA OVO
(639-3626)

Cree Band Office
Box 90
Fort Chipewyan
TOP 1BO
(697-3740)

Dene Tha' Band Office
Box 120
Chateh
TOH OSO
(321-3842)

FCSS Program
(same address)
(321-3781)

Driftpile Band Office
General Delivery
Driftpile
TOG OVO
(355-3868)

Duncan's Band Office
Box 148
Brownvale
TOH OLO
(597-3777)

Enoch Band Office
Box 2, Site 2, R.R. #1
Winterburn
TOE 2NO
(470-5666)

Ermineskin Band Office
Box 219
Hobbema
TOC 1NO
(420-0008)

Fort Chipewyan Band Office
Box 366
Fort Chipewyan
TOP 1BO
(697-3730)

Fort McKay Band Office
Box 5360
Fort McMurray
T9H 3G4
(828-4220)

Fort McMurray Band Office
Box 8217, Clearwater Station
Fort McMurray
T9H 4J1
(334-2293)

Frog Lake Band Office
Frog Lake
TOA 1MO
(943-3737)

FCSS Program
General Delivery
TOA 1MO
(943-2211)

Good Stoney Band Office
Box 40
Morley
TOL 1NO
(881-3937)

Grouard Band Office
General Delivery
Grouard
TOG 1CO
(751-3921)

Heart Lake Band Office
Box 447
Lac La Biche
TOA 2CO
(623-2130)

Horse Lake Band Office
Box 303
Hythe
TOH 2CO
(356-2248)

Janvier Indian Band
General Delivery
Chard
TOA OSO
(559-2259)

Kehewin Band Office
Box 218
Bonnyville
TOA OLO
(826-3333)

Kehewin Social Services
(FCSS funded)
(same address and
telephone number, ext. 68)

FCSS Program
Bonnyville
TOA OLO
(826-2120)

Little Red River Band Office
Box 1165
High Level
TOH 1ZO
(759-3912)

FCSS Program
(same address, 759-3912 or
3950)

Louis Bull Band Office
Box 130
Hobbema
TOC 1NO
(423-2064)

Lubicon Lake Band Office
Box 2864
Peace River
TOH 2XO
(629-3945)

Montana Band Office
Box 70
Hobbema
TOC 1NO

Nanton FCSS Program
Box 910
Nanton
TOL 1RO
(646-2436)

O'Chiese Band Office
Box 1570
Rocky Mountain House
TOM 1TO
(989-3943)

Social Service Program
(same address, 989-3969)

Paul Band Office
Box 89
Duffield
TOE ONO
(892-2691 or 428-0188 Direct line
from Edmonton)

Peigan Band Office
Box 70
Brocket
TOK OHO
(965-3940)

FCSS Program
c/o Marvin Yellowhorn
Brocket
TOH 1XO
(965-3802)

Saddle Lake Band Office
Box 100
Saddle Lake
TOA 3TO
(726-3829)

FCSS Program
(address as above, 726-3829, ex. 101)

Samson Band Office
Box 159
Hobbema
TOC 1NO
(421-4926)

Social Service Program (FCSS funded)
(address and telephone as above)

Sarcee Band Office
3700 Anderson Road S.W.
Calgary
T2W 3C4
(281-4455)

Sawridge Indian Band
Box 326
Slave Lake
TOG 2AO
(849-4311)

Sturgeon Lake Band Office
Box 757
Valleyview
TOH 3NO
(524-3307)

Sucker Creek Band Office
Box 65
Enilda
TOG OWO
(523-4426 or 3111)

Sunchild Band Office
Box 747
Rocky Mountain House
TOM 1TO
(989-3740)

FCSS Program
(address and telephone as above)

Swan River Band Office
Box 270
Kinuso
TOG 1KO
(775-3536)

North Tallcree Band Administration
Box 367
Fort Vermilion
TOH 1NO
(927-3727)

Social Services (FCSS funded)
(address and telephone as above)

Whitefish Lake Band No. 459
Atikameg Indian Reserve
General Delivery
Atikameg
TOG OCO
(767-3914)

Whitefish Lake Band
128 (Goodfish) Office
General Delivery
Goodfish Lake
TOA 1RO
(636-3622)

Tribal/Regional Councils

Tribal Chiefs' Association of Northeastern Alberta
Box 248
St. Paul
TOA 3AO
(645-4288)

Member Bands: Beaver Lake, Frog Lake, Kehewin, Whitefish Lake (Goodfish), Cold Lake, Heart Lake, Saddle Lake

Lesser Slave Lake Indian Regional Council
Box 1740
High Prairie
TOG 1EO
(523-4401)

Member Bands: Driftpile, Grouard, Sturgeon Lake, Sucker Creek, Whitefish Lake, Duncan's Band, Horse Lake, Sawridge, Swan River

Yellowhead Tribal Council
#307, 131-1 Avenue
Spruce Grove
T7X 2Z8
(962-0303)

Member Bands: Alexander, Enoch, Sunchild, Alexis, O'Chiese

Indian Association of Alberta

11630 Kingsway Avenue
Edmonton
T5G 0X5
(452-4330)

ON METIS SETTLEMENTS

Settlement Offices

Big Prairie Settlement Office
Box 238
High Prairie
TOG 1E0
(523-2557)

Buffalo Lake Settlement Office
Box 20
Caslan
TOA 0R0
(689-2170 or 2538)

East Prairie Settlement Office
Box 1289
High Prairie
TOG 1E0
(523-2594)

Elizabeth Settlement Office
Box 420
Grand Centre
TOA 1T0
(594-5026)

Fishing Lake Settlement Office
General Delivery
Sputinow
TOA 3G0
(943-2202)

Gift Lake Settlement Office
General Delivery
Gift Lake
TOG 0B0
(767-3891)

Kikino Settlement Office
General Delivery
Kikino
TOA 2B0
(623-7868)

Paddle Prairie Metis Settlement Office
General Delivery
Paddle Prairie
TOH 2W0
(981-2227)

Alberta Federation of Metis Settlements Association

2nd Floor, 11104 - 1 7 Avenue
Edmonton
T5H 0X8
(428-6054)

Metis Association of Alberta

120, 12520 St. Albert Trail
Edmonton
T5L 4H4
(455-2200)

OFF RESERVE/SETTLEMENT (for all Native Seniors)

Senior Citizens Information

These senior centres have indicated their interest in serving Native seniors by providing information and making referrals. In areas where there are not any senior centres providing information to Native seniors, Family and Community Support Services (FCSS) offices which have indicated their interest in offering this service are also listed.

Athabasca FCSS
Box 90
T0G 0B0
(675-2623)

Bonnyville FCSS
5000B - 49 Avenue
Box 1665
T0A 0L0
(826-2120)

Calgary FCSS
800 Macleod Trail S.
7th floor
Box 2100, Station "M"
T2P 2M5
(268-5111)

Kerby Centre
1133 - 7 Avenue S.W.
Calgary
T2P 1B2
(265-0661)

Cold Lake FCSS
1020 - 8th Avenue
Box 87
T0A 0V0
(639-3626)

Edmonton
Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3
(423-5510)

Fort Chipewyan FCSS
Box 120
T0P 1B0
(697-3674 or 3627)

Fort McMurray
Legion Senior Citizens Program
9909 Franklin Avenue, 7th floor
T9H 2K3
(743-7918)

Fort Saskatchewan FCSS
10005 - 102 Street
T8L 2C5
(998-5151)

Grand Centre
Cold Lake First Nation FCSS
Box 1769
T0A 1T0
(594-7183)

Grande Prairie
Grande Prairie and Area Council
on Aging, Golden Age Centre
10222 - 101 Avenue
T8V 0Y5
(539-6255)

Red Deer
Golden Circle Senior Centre
Outreach Department
4620 - 47 Avenue
T4N 3P5
(343-6074)

Lethbridge
Senior Citizens Organization
500 - 11 Street, South
T1J 4G7
(320-2222)

Native Information

A. Urban Native Referral Program

The Urban Native Referral Program is for all Natives of any age whether established or just passing through. Information and referrals to appropriate agencies are offered to Native seniors as well as other age groups. In areas where there is not an Urban Native Referral Program, Native Friendship Centres often provide this service. (See page 57 of this booklet for a list of Friendship Centres.) In Grande Cache, the Native Recreation and Referral Association provides this service and is listed here.

CALGARY
Urban Native Referral Centre
140 - 2 Avenue S.W.
T2P 0B9
Alvin Manitopyes
(264-1155)

EDMONTON (for all people, not just Natives)
Urban Native Referral Centre
10176 - 117 Street
T5K 1X3
Teri House
(488-9123)

GRANDE CACHE
Native Recreation and Referral Association
I.D. 16 and Native Services
10028 - 99 St., Box 214
TOE 0Y0
Audrey McDonald
(827-5155 or 3977)

GRANDE PRAIRIE
Urban Native Referral Centre
10105 - 97 Avenue
T8V 0N5
Eva Waniandy
(539-5640)

LETHBRIDGE
Urban Native Referral Centre
535 - 13 Street N.
T1H 2S6
Sherri Gleave
(328-2414)

B. Indian Association of Alberta (452-4330)
11630 Kingsway Avenue
Edmonton
T5G 0X5

C. Metis Association of Alberta (455-2200)
120, 12520 St. Albert Trail
Edmonton
T5L 4H4

SENIOR CITIZENS SECRETARIAT

The Alberta government established this office in 1975. One of its purposes is to have available information about services and resources provided by the federal government, the Alberta government, municipalities and private agencies. The Senior Citizens Secretariat, in addition to keeping up-to-date information on programs and services, also provides resource information and advice to government and community groups, and encourages coordination in the planning and delivery of services to senior citizens.

If a local information centre is not available, questions may be directed to:

SENIOR CITIZENS SECRETARIAT
Government of Alberta
Seventh Street Plaza
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
(427-7876)

RITE CENTRES

Call the RITE operator and ask to be connected with the Senior Citizens Secretariat at 427-7876. Calls from outside Edmonton are free of charge.

If you live outside a RITE telephone centre, check your local telephone directory under the government of Alberta listing on how to reach your closest RITE operator who will in turn connect you with the Senior Citizens Secretariat.

Location	RITE Number	Location	RITE Number
Barrhead	674-8251	Drumheller	823-5740
Blairmore	562-7331	Edson	723-8341
Brooks	362-5551	Fort Macleod	553-3346
Calgary	297-6161	Fort McMurray	743-7171
Camrose	679-1211	Grande Prairie	538-5121
Cardston	653-4461	Hanna	854-5511
Claresholm	625-3301	High Prairie	523-6561

RITE Centres Continued

Location	RITE Number	Location	RITE Number
High River	652-8311	Rocky Mountain House	845-8211
Hinton	865-8211	Slave Lake	849-7111
Lac La Biche	623-5211	Stettler	742-7511
Lethbridge	381-5151	St. Paul	645-6212
Lloydminster	871-6411	Taber	223-4471
Medicine Hat	529-3511	Three Hills	443-5503
Olds	556-4221	Vegreville	632-5461
Peace River	624-6181	Vermilion	853-8111
Pincher Creek	627-3366	Wetaskiwin	352-1211
Red Deer	340-5111		

PROVINCIAL SENIOR CITIZENS ADVISORY COUNCIL

This Council is appointed by the Minister of Social Services to provide advice to the government on specific policies and programs for senior citizens and to advise about priorities and the coordination of programs.

The Council is composed of representatives from the general public, the majority of whom are senior citizens, and one representative each from the Alberta Medical Association, the Alberta Hospital Association and the universities. The chairperson for the Council is a member of the provincial legislature.

The Senior Citizens Secretariat provides the staff services for the Council.

RETIREMENT INCOME

This section deals with those federal and provincial programs which provide income to eligible persons aged 65 and over and to some low-income widowed persons. Federal programs are listed first, followed by provincial programs and discounts.

FEDERAL GOVERNMENT PROGRAMS

The federal government has centralized service offices for Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and the Canada Pension Plan. These programs are available to Native seniors on the same basis as all other seniors. Enquiries about these programs may be made through the offices listed below.

Income Security Programs District offices are at the following locations:

EDMONTON
10055 - 106 Street
T5J 2Z6
(420-2630 English; 420-2735 French)

CALGARY
2nd Floor, Government of Canada Bldg.
220 Fourth Avenue S.E.
T2G 4X3
(292-5559 English; 292-5877 French)

LETHBRIDGE
Room 100, 410 Stafford Drive S.
T1J 2L2
(327-2155)

For other points in Alberta, call toll-free: 1-800-661-3921 English
1-800-661-8828 French

Other offices which are open on a part-time basis are:

MEDICINE HAT
Unit 7A, 444 - 2 Street S.E.
T1A 0C3
(526-7302)
Open every Tuesday, Wednesday, and Thursday, 9 - 12 and 1 - 4.

RED DEER
Room 102, 4708 Gaetz Avenue
T4N 4A1
(343-1344)
Open Monday through Thursday, 8:30 to 4:00 p.m.

Representatives are available at other localities. Since the dates and times can vary, it is best to call the closest listed number to determine the schedule.

Northern Region

Athabasca	675-2243
Barrhead	674-3331
Bonnyville	826-3171
Camrose	679-1260
Castor	882-3211
Coronation	578-3970
Edson	723-3326
Grande Prairie	532-9811
High Prairie	523-4561
Hinton	865-2217
Jasper	852-4401
Lac La Biche	623-4821
Peace River	624-4484
Ponoka	783-4431
Provost	753-2434
St. Paul	645-4428

Northern Region Continued

Sedgewick	633-3730	Viking	336-3466
Stettler	742-4481	Wainwright	842-4454
Vegreville	632-5453	Westlock	349-3346
Vermilion	853-2811	Wetaskiwin	352-3321

Central Region

Banff	762-4830	High River	652-2341
Drumheller	823-3365	Olds	555-4200
Hanna	854-4448	Three Hills	443-5503

Southern Region

Blairmore	582-8118	Brooks	362-4973

Areas close to these B.C. locations can make appointments by calling the B.C. numbers listed.

Cranbrook	489-4101	Kimberley	427-4831
Creston	428-9279	Sparwood	425-6271
Fernie	423-6817		

OLD AGE SECURITY PENSION

A federal benefit available to persons 65 years of age or older who were born in Canada or have lived in Canada for the last ten years.

The monthly payment as of October 1, 1987 is $308.19. Payments increase in January, April, July and October each year if there is an increase in the cost-of-living index.

You must apply for this pension. If possible, send in your application six months before your 65th birthday. You must include your birth or baptismal certificate. If you do not have proof of age, the Old Age Security office will help you with this. If you were born outside of Canada, you must also provide proof of legal status such as a passport or citizenship certificate. Your first cheque will come in the month following your 65th birthday.

If you entered Canada for the first time on July 1, 1977 or later, your Old Age Security is earned at the rate of 1/40th of the regular pension for each complete year of residence in Canada to a maximum of 40 years. Proof of entry is required.

A person could possibly qualify under the Reciprocal Agreement. A Reciprocal Agreement on Social Security is an arrangement whereby two countries agree to provide equal treatment to the residents of both countries under each country's laws on social security. This enables the two countries to protect the social security credits earned by an individual in both countries. Age, residence and legal status are still qualifying factors. Minimum residence

requirement is still ten years. Canada has agreements with the following countries: Italy, France, Greece, United States, Portugal, Jamaica, Barbados, Denmark, Sweden, Norway, Belgium, and Luxembourg. Any inquiries should be directed to Income Security Programs.

Application forms for Old Age Security are available at all POST OFFICES or at any INCOME SECURITY PROGRAMS OFFICE.

GUARANTEED INCOME SUPPLEMENT

A federal government benefit available to persons who receive the Old Age Security pension and who have little or no other income.

This additional pension must be applied for every year. Eligibility and the amount of the supplement depend on your total family income in the previous calendar year (from January to December) and your marital status. The maximum amount as of October 1, 1987 is single, $366.28, married couple (both pensioners), $238.56 each person. This supplement is included in the federal Old Age Security cheque.

If the cost of living goes up, the supplement goes up in January, April, July and October.

If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when residency is resumed in Canada.

If an application form has not been sent to you and you think you are eligible, contact the nearest INCOME SECURITY PROGRAMS OFFICE.

SPOUSE'S ALLOWANCE

A federal benefit paid to spouses, between 60 and 65 years of age, of pensioners receiving the Guaranteed Income Supplement. To be eligible:

1. You must be the husband or wife of an old age pensioner (a common-law relationship may be recognized).
2. You must be between 60 and 65 years of age and you must have lived in Canada at least ten years before you apply. If born outside of Canada, you must have proof of legal status.
3. Your combined annual income, not including the Old Age Security Pension, must be less than $16,368 as of Oct. 1, 1987 (this amount goes up from time to time).

The amount of allowance depends on your combined income in the previous calendar year. Effective Oct. 1, 1987, the maximum payment is $546.75 a month. Payments are increased in January, April, July and October each year if there is an increase in the cost-of-living index. Your spouse should apply for this federal government allowance six months before his or her 60th birthday and include birth or baptismal certificates. This allowance continues until age 65 even if the spouse who received Old Age Security dies, and must be reapplied for each year until age 65.

WIDOWED SPOUSE'S ALLOWANCE

A federal benefit available to Widows/Widowers between the ages of 60 and 65. It is payable to the widowed spouse of either a legal or common-law marriage. This is not payable if the widow/widower becomes the spouse of another person. Persons who were divorced from a spouse now deceased cannot qualify for this benefit.

To be eligible:

1. You must be between the ages of 60 and 65; proof of age is required.
2. You must be a Canadian citizen or legal resident of Canada.
3. You must have resided in Canada after age 18 for a minimum of 10 years.
4. Proof of marriage is required.
5. Death certificate of spouse is required.

If you leave Canada, the allowance is payable for the month of departure and six additional months. It will be reinstated when you resume residency in Canada.

The amount of allowance depends on your income in the previous calendar year. Effective Oct. 1, 1987, the maximum Widowed Spouse's Allowance is $603.63 a month. The income level for Oct. 1, 1987 is $12,024 a year.

An income application must be completed each year.

CANADA PENSION PLAN

A contributory pension plan of the federal government. You may be eligible for benefits if you have paid into the plan. You should apply six months before your 60th or 65th birthday, or the month you retire (if between 60 - 64 years of age). To be eligible for a CPP retirement pension, an applicant must

--apply for the retirement pension, unless at age 65 s/he is in receipt of a CPP disability pension;
--have been credited with contributions to the plan for at least one year and must be either (a) 65 years of age, or (b) age 60 to 64 and have wholly or substantially ceased working.

The basic pension is payable the month after the applicant's 65th birthday. The pension is equal to 25 percent of the contributor's average monthly pensionable earnings. The applicant does not have to cease employment. The applicant may take the Canada Pension any time between ages 60 and 70. The basic pension is decreased by 0.5 percent for each month between the date the pension begins and the month after the applicant's 65th birthday and increased by 0.5 percent for each month after the 65th birthday until the pension begins.

If the applicant takes the pension between ages 60 and 65, he or she must wholly or substantially cease employment or self-employment (i.e. his/her annual earnings will be less than the current maximum annual CPP retirement pension payable at age 65; in 1987 this would be about $6,240). The pension payment will not be readjusted at age 65. It will be adjusted to reflect

changes in the Consumer Price Index.

If the pension is applied for between ages 65 and 70, the applicant does not have to cease employment.

Spouses in an ongoing relationship can apply to share their CPP retirement pension payments. Both must be at least age 60 and each must have applied for any CPP retirement pension to which they may be entitled.

The amount of the pension depends on your wages when employed and the age at which you begin to take the pension payments. Benefits to contributors include:

		1987 Maximum Benefit Rates (CPP)
1.	A monthly retirement pension	$521.52
2.	A monthly disability pension to persons under 65	634.09
3.	A monthly benefit for children dependent on a disabled person under 65	94.79
4.	A monthly spouse's pension for widows and widowers whose spouse had contributed to the plan	
	--survivor under 65	290.36
	--survivor over 65	312.91
5.	A monthly pension for orphans	94.79
6.	A death benefit	2,590.00

If you are eligible for both the Old Age Security pension and this retirement pension, you may apply for both pensions at the same time at any INCOME SECURITY PROGRAMS OFFICE.

VETERANS AFFAIRS CANADA

Benefits from the federal government to war veterans or their dependants are available to Native seniors on the same basis as all other seniors. May also be available to other groups that were in a theatre of action.

Benefits include:

War Veterans Allowance, Civilian War Allowance, War Disability Pensions, coverage of certain hospital and medical expenses, assistance with the cost of eyeglasses and dental care, prosthetic and surgical or medical supplies, counselling services, and some assistance with helping qualified veterans remain in their homes and communities for as long as possible (see Home Help services, page 59). Funeral and burial grants are also available.

For information, call or visit the office of VETERANS AFFAIRS CANADA at:

EDMONTON
8th Floor, Baker Centre
10025 - 106 Street
T5J 1G7
(420-3762)

CALGARY
Room 307, Sam Livingston Bldg.
102 - 12 Avenue S.W.
T2R 0X5
(292-4048)

UNEMPLOYMENT INSURANCE BENEFITS

A federal program which provides for payment of a special benefit to workers when they become 65 years of age. You may be eligible for this benefit, whether or not you continue working, if you are 65 years of age and have not already received an Unemployment Insurance retirement benefit.

These benefits are available to Native seniors on the same basis as all other seniors. To be eligible, you must have worked in insurable employment for at least 20 weeks in your 64th year or since the start of your last Unemployment Insurance initial claim, whichever period is shorter. Past the age of 65 a person's earnings are no longer insured. One should apply as soon as one turns 65, whether continuing to work or not.

The amount you can receive is 60 percent of the average weekly insurable earnings, to a maximum of $318 per week for a total of three weeks. For application forms or for further information, contact your local Canada Employment Centre which is listed under Government of Canada, Employment and Immigration, in your telephone directory.

INDIAN AFFAIRS AND NORTHERN DEVELOPMENT

Indian Affairs provides social assistance to status Indians according to need with food, clothing, shelter and utilities. Since many bands have a worker on the reserve, contact the band office (see page 1) for the closest office. Off reserve, the District Offices are in the following locations:

CALGARY
Room 652, 220 - 4 Avenue S.E.
Box 2559, Station "M"
T5P 3K3
(292-5901)

LETHBRIDGE
302 Federal Building
704 - 4 Avenue S.
General Delivery
T1J 3Y2
(327-2131)

EDMONTON
9942 - 108 Street, 2nd Floor
T5J 2K5
(420-2773)

FORT McMURRAY
2nd Floor, Biggs Building
9913 Biggs Avenue
T9H 1S2
(743-3823)

FORT VERMILION
Box 720
High Level
TOH 1ZO
(926-3741)

ST. PAUL
Box 850
TOA 3AO
(645-3313, direct line from Edmonton: 424-8520)

FEDERAL SALES TAX CREDIT

A federal sales tax credit of $50 for persons 18 and over and $25 for a child under 18 is available to low-income families and single persons. This new credit was introduced in the 1986 tax return. To qualify, your net family income must not have exceeded $15,000 for the year in order to receive the full credit (family with greater net income may be eligible for a lesser credit). You must file a tax return and complete schedule 11 even if you have no taxable income to declare. One claim is allowed per couple ($50 each). For more information contact Revenue Canada Taxation.

PROVINCIAL PROGRAMS

ALBERTA ASSURED INCOME PLAN

A provincial allowance that is automatically paid to all Alberta pensioners, including Native seniors, who receive the federal Guaranteed Income Supplement.

The monthly amount depends on your marital status and your total income from all sources. The present maximum payment is $95 a month for a single pensioner and $95 a month each for a married couple who are both pensioners. The present minimum monthly payment is $10.

You do not apply for this allowance. If you receive the federal Guaranteed Income Supplement, you will automatically receive the Alberta allowance. Persons receiving Spouse's Allowance are not eligible for this supplement.

For further information contact:

ALBERTA ASSURED INCOME PLAN
Alberta Social Services
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
(427-7286)

SOCIAL ALLOWANCE

A provincial financial assistance program which provides help to those who do not have enough income to meet their basic needs. All non-status Indians and Metis are eligible to apply for social allowance on the same basis as any other Albertan. Treaty Indians who are employable and not living on a reserve may also apply for social allowance. Other Treaty Indians may apply to Indian Affairs and Northern Development (see p.15).

Eligibility for social allowance is determined by:

1. your needs;
2. total income from all sources, including pensions; and
3. assets; if you have assets of more than $1,500 (if single) or $2,500 (for a family) you will not be eligible. If you are single and employable, only $50 of this may be in cash; for a family, if the head of the household is employable, only $250 of this may be in cash. Assets include such things as cash, money in bank accounts, stocks, bonds, the cash surrender value of life insurance policies and real estate other than your own home.

For more information, contact the nearest district office of ALBERTA SOCIAL SERVICES (listed in local telephone directories under Government of Alberta).

ALBERTA WIDOWS' PENSION PROGRAM

These benefits are available to all Natives on or off Reserves/Settlements on the same basis as all other Albertans.

This is a provincial financial assistance program available to widows or widowers, age 55 and over but under 65, who have a limited income or no income.

Who is Eligible?

To be eligible, the person must be an Alberta resident and a Canadian citizen or a non-sponsored, landed immigrant.

Financial Benefits

Similar to those received by Alberta senior citizens under the Alberta Assured Income Plan and the Federal Income Security Programs.

Health Care Benefits

Available to recipients and their dependants and are similar to those extended to senior citizens in Alberta. They include premium-free coverage under the Alberta Health Care Insurance Plan, the Extended Health Benefits Program and the Alberta Blue Cross Plan.

This health care coverage is effective on the date eligibilty for the pension is established, providing you are registered with the Alberta Health Care Insurance Plan. You will automatically receive a Blue Cross card which will entitle you to receive Blue Cross benefits. These benefits will cease at the end of the second month following the date that you are no longer eligible for the Widows' Pension.

Hospital Benefits

You will not be required to pay the $10 admission fee charged by Alberta's general hospitals if you present the yellow card which entitles you to Extended Health Benefits under the Alberta Health Care Insurance Plan.

Housing Benefits

Which may be available to recipients of the Widows' Pension are the Property Tax Reduction Benefit or Renters' Assistance Grant. Recipients may also be eligible for the Seniors' Home Improvement Program and the Senior Citizens' Home Heating Protection Program.

Application forms for the Widows' Pension Program are available at Treasury Branches, Provincial Buildings, local information centres, or by contacting:

ALBERTA WIDOWS' PENSION PROGRAM
Alberta Social Services
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
(422-4080)

SENIOR CITIZENS' DISCOUNTS (available to all Native seniors)

A discount sheet prepared by THE SOCIETY FOR THE RETIRED AND SEMI-RETIRED in Edmonton listing local discounts for senior citizens (see page 6).

Fishing Licence

A fishing licence is not required for people 65 or over. You must carry proof of age and you still must comply with all sport fishing regulations. This free fishing does not apply in national parks in Alberta.

National Parks

Free admission to any national park for people age 65 or over. A special sticker can be obtained from the gate attendant at any national park. It must be renewed each year. You must show proof of age.

Provincial Parks

One half the daily rate is charged to campers age 65 and over for a maximum stay of two weeks. Must have proof of age and have resided in Alberta for one year. If making reservations, a $5 fee will be charged. For information call 427-7338 in Edmonton.

Banking Discounts

Most banks offer free or reduced service charges and special types of accounts to people age 55 or over. You must inquire about discounts offered.

Travel Discounts

See Transportation on page 61.

HEALTH SERVICES

ALBERTA HEALTH CARE INSURANCE PLAN

A provincial insurance plan which provides coverage for basic medical and other health care services (as outlined below). Albertans registered with the Alberta Health Care Insurance Plan also receive provincial insured hospital services (as outlined near the end of this HEALTH SERVICES section).

Persons age 65 and older, their spouses and dependants are not required to pay premiums for health insurance. If you have been registered with the Alberta Health Care Insurance Plan, you will be sent a Proof of Age questionnaire before your 65th birthday.

Please complete the form and return it with a copy of your birth certificate or other proof of age. Do not send an original document, since its safe return cannot be ensured. Rather submit a clear photocopy. A signed statement before a commissioner of oaths is acceptable as proof of age.

If you do not receive this form, write to the Alberta Health Care Insurance Plan and include a clear photocopy of your birth certificate or other proof of age. This will ensure that you will not have to pay the premiums, beginning the first of the month after your 65th birthday, to receive coverage. For information, contact the plan offices or contact your local information centre (see page 1).

If you are a Status Indian, you will not be sent a form to complete and return before your 65th birthday. Health and Welfare Canada, Medical Services Branch, notifies Alberta Health Care for you.

The following is a list of basic health services provided under the Alberta Health Care Insurance Plan. (A benefit year runs from July 1 - June 30 of the following year.)

1. Medical Services of a physician or osteopath paid under an approved schedule of fees;

2. Certain specified oral surgery procedures by a dental surgeon;

3. Chiropractic Services to a maximum of $10.50 for each visit. The maximum is $200 per person in a benefit year. This includes up to $17.40 for X rays.

4. Foot Care and Podiatric Appliances paid according to an approved schedule of fees. The maximum is $200 per person in a benefit year.

5. Medical examinations for a driver's licence as required by law for Albertans just prior to age 75, and as required thereafter.

6. Payment of up to $31.75 for one eye examination and writing of a prescription for the fitting of glasses in each benefit year.

7. Physical Therapy Services to a maximum of $17.15 per day. No maximum is placed upon the amount paid in a benefit year for senior citizens.

ALBERTA HEALTH CARE INSURANCE PLAN offices are:

CALGARY
2nd Floor
407 - 8 Avenue S.W.
T2P 1E5
(297-6411)

EDMONTON
10025 Jasper Avenue
Box 1360
T5J 2N3
(427-1432)

Senior citizens requiring general information regarding registration and cancellation of their Alberta Health Care coverage or Alberta Blue Cross coverage should call 427-1432 (Edmonton) or 297-6411 (Calgary).

TEMPORARY TRAVEL OR VISITS

1. *NOTIFY ALBERTA HEALTH CARE WHEN LEAVING THE PROVINCE FOR THREE MONTHS OR LONGER.*

   Please let Alberta Health Care know if you expect to be out of the province for three months or longer. Give them your expected dates of departure and return along with the reason for your absence.

   Advise Alberta Health Care again if the expected time of your return is delayed; also, if a shorter absence is extended to last three months or more. Finally, contact Alberta Health Care upon your return. These steps will help to ensure you have continuous coverage.

2. *SERIOUSLY CONSIDER GETTING EXTRA HEALTH INSURANCE FOR TRIPS OUTSIDE OF CANADA.*

   Medical and hospital costs in some countries run much higher than in Canada. Although you take along your Alberta health care and hospital coverage when you leave Canada temporarily, the amount paid by Alberta Health Care for any care or treatment you may require is based on the Alberta rate for the same or similar service.

   You are responsible for paying the difference which may run into hundreds or thousands of dollars, particularly if hospitalization is required.

   Extra health coverage for travel outside of Canada is available to assist you in paying the additional amounts for any such higher medical and hospital charges. You can purchase this extra health protection at reasonable rates from any of a number of private insurance companies.

   You are strongly urged to consider purchase of this extra health coverage when you travel or visit outside of Canada. Do be sure to check carefully what is covered by any extra health insurance you are considering, also the extent of coverage along with any conditions, so that

you are fully aware of exactly what protection you will have.

PATIENT CHARGES--MEDICAL SERVICES AND ORAL SURGERY

Extra-billing is no longer permitted for any required medical service or oral surgery THAT IS COVERED under the Alberta Health Care Insurance Plan. Medical service here refers to services provided by a medical doctor, whether a general practitioner (family doctor) or specialist, and includes laboratory tests as well as X rays and other radiology tests. Oral surgery refers to those surgical procedures which a dental surgeon can claim from Alberta Health Care.

Most, but not all, procedures performed by a medical doctor are considered medically required; however, there are some done strictly at the request of the patient, such as some cosmetic services. Since these are not considered medically "required," they can not be charged to Alberta Health Care, and in such cases the patient must pay the full fee. A medical doctor should inform a patient in advance when a service is not medically required.

As of October 1, 1986, any medical doctor (physicians) or dental surgeon who extra-bills patients must opt out of the Alberta Health Care Insurance Plan. This means that Alberta Health Care will not pay any claims submitted by this doctor or dental surgeon, OR by his/her patients. In other words, the patient must pay the full amount of the charges, and they can not be reimbursed by Alberta Health Care for any part of those charges. When a medical doctor or dental surgeon has opted out of the Alberta Health Care Insurance Plan, his/her patients must be informed of this at the time an appointment is made.

It should be pointed out that a physician who has opted in, and who continues to submit claims to Alberta Health Care, may still charge the patient for certain supplies used in a treatment, for example a splint. In addition, there are some medical services that are not insured under the Alberta Health Care Insurance Plan, such as medical/legal advice, medical advice provided by phone, or medical examinations required for insurance or employment. The charges for any of these must be paid by the patient and can not in turn be claimed from Alberta Health Care. Discuss with your doctor any such charges for uninsured supplies or services.

As well, opted-in dental surgeons may still bill their patients for some additional charges connected to the surgery, such as for laboratory services. Again, you should ask for a full listing and explanation of such charges.

PATIENT CHARGES--NON-MEDICAL SERVICES

The extra-billing ban does not refer to the additional amounts you, the patient, may be charged by the health-related practitioners who submit claims to Alberta Health Care for the non-medical services they provide. These practitioners include chiropractors, podiatrists and physical therapists. Non-medical services also refers to any care and treatment included

under Alberta Health Care's special programs (Extended Health Benefits and Alberta Blue Cross Non-Group Membership). In each of these instances, some limits are applied to the amount of insured coverage, and accordingly, in each case, the patient may be billed directly for the balance of the fees charged beyond the amount that can be claimed.

Optometrists: When making an appointment with an optometrist for a routine eye examination (for the purpose of prescribing eyeglasses), you are advised to check ahead as to what fees will be charged and what arrangements can be made for payment.

Alberta Health Care pays $31.75 for a routine eye examination. Some optometrists may charge more than this. You, the patient, may be asked to submit a claim and pay the optometrist directly. In such a case, ask the optometrist for a completed and signed PAYMENT TO REGISTRANT (#2222) claim form. Be sure you sign the claim form as well. You will be personally responsible for paying whatever is charged beyond the $31.75 which can be claimed.

TO REPORT EXTRA-BILLING

If, after any additional charges have been fully explained to you, you still have reason to believe that you have been extra-billed by an opted-in medical doctor or dental surgeon, you should send a written complaint to Alberta Health Care. All required details for reporting extra-billing are contained on a standard extra-billing form which you can obtain by contacting the Edmonton or Calgary office of Alberta Health Care.

If you wish to question the additional amounts charged by any of the other (non-medical) practitioners, contact the appropriate Alberta professional group to which the practitioner in question belongs.

HEALTH AND WELFARE CANADA, MEDICAL SERVICES BRANCH

Status Indians, whether on or off the reserve, receive added benefits over and above those available to seniors through the Alberta Health Care Insurance Plan. Those added benefits include:

--100 percent of the cost of prescription drugs. The prescription and treaty card (with band and treaty number on it) must be given to the pharmacist.

--referral and transportation (including an ambulance to the nearest medical service.

CONTACT THE REFERRAL UNIT AT 420-2708 (24 hours a day, 7 days a week)

or

CALL AN AMBULANCE DIRECTLY

--prosthesis; authorization is required by completing a "Special Medical Treatment Form" (8432). This form can be completed at a MSB Health Centre (see page 30 for listing) and from there forwarded for authorization.

ALBERTA BLUE CROSS PLAN

An insurance plan which covers additional health care benefits for Native seniors on the same basis as all other seniors in Alberta. Senior citizens, their spouses and dependants do not pay premiums for Blue Cross coverage. When the Alberta Health Care Insurance Plan receives proof that you or your spouse is 65 or Alberta Health Care is notified by Health and Welfare Canada, Medical Services Branch that you or your spouse is a status Indian who is 65, you will automatically be covered by Alberta Blue Cross. Blue Cross coverage begins the first of the month following your birthday. You will receive a Blue Cross care for Group "66." You must present this card to obtain Blue Cross benefits.

A Blue Cross benefit year is from July 1 to June 30 of the following year. Blue Cross pays the following for seniors and their dependants:

1. *HOSPITAL COSTS:* An allowance of up to $100 per day to apply against hospital charges remaining after government credit has been applied where a participant is admitted to a general hospital outside Canada.

2. *DRUGS:* 80 percent of the cost of prescription drugs, medications and insulin, if supplied by a licensed pharmacist on a doctor's prescription. You pay 20 percent of the cost. The pharmacist bills Blue Cross directly for the remaining 80 percent if you present your plastic "direct bill" identification card.

3. *PROFESSIONAL AMBULANCE SERVICES:* Alberta Blue Cross accepts liability for usual and reasonable charges of professional ambulance services to transport a patient to or from active treatment hospitals. Most ambulance operators will bill Blue Cross directly; your local ambulance service can verify exact charges and billing arrangements. For further information, please contact your nearest Alberta Blue Cross office.

For the services listed below, you pay the bill, then submit the receipt to the Blue Cross office for reimbursement.

1. *REGISTERED CLINICAL PSYCHOLOGICAL SERVICES:* For the treatment of mental or emotional illness. Coverage is $20 a visit to a maximum of $100 in a benefit year.

2. *HOME NURSING CARE:* Covered up to a maximum of $200 for a family unit in a benefit year for service provided by a practical or registered nurse (not related to you) on the recommendation of your doctor.

3. *APPLIANCES:* On written order of a physician:

   (a) artificial eyes
   (b) artificial limbs (excepting myoelectric controlled prosthesis)
   (c) braces which have a rigid support of metal or plastic, manufactured according to specifications on the written order of a physician
   (d) repairs or replacement of such appliances may also be covered
   (e) mastectomy prosthesis; 50 percent of the usual charge on the

written order of a physician (the supporting brassiere is not covered by Blue Cross).

4. *DENTAL CARE:* Repair or extraction of natural teeth damaged by a direct accidental external blow, if repair or extraction is done within 12 months of injury. The total cost is covered.

The ALBERTA BLUE CROSS PLAN OFFICES are:

CALGARY
Suite 640
Rocky Mountain Plaza
615 Macleod Trail, S.E.
T2G 4T8
(234-9666)

EDMONTON
10025 - 108 Street
T5J 1K9
(428-1110)

MEDICINE HAT
1, 410 S. Railway Street S.E.
T1A 2V5
(529-5550)

GRANDE PRAIRIE
31 Prairie Mall
11801 - 100 Street
T8V 3Y2
(532-3505)

LETHBRIDGE
Suite 470, 220 - 4 Street S.
T1J 4J7
(328-6081)

RED DEER
125, 4919 - 59 Street
T4N 6C9
(343-7008)

THE EXTENDED HEALTH BENEFITS PROGRAM

An Alberta program for senior citizens, including Native seniors, which helps pay for eyeglasses, dental care and dentures, hearing aids, surgical supplies and appliances and medical equipment.

Coverage begins on your 65th birthday and includes your spouse and dependants. If you are not registered as a senior citizen with the Alberta Health Care Insurance Plan, see beginning of this section (Health Services) for details on registration. It is registration with the Alberta Health Care Insurance Plan that makes you eligible for this program.

NOTE:

If the spouse over age 65 dies, coverage for the surviving spouse under 65 and dependants is discontinued at the end of the second month following the month in which the death occurred.

Present your Alberta Health Care card when obtaining a benefit under this program. Always ask about what will be covered by the program and what you will need to pay.

In fact, before you make your appointment, you are advised to make sure that you are still eligible for benefits. There are dollar and time limits that Alberta Health Care must follow, and payments cannot be made for services that exceed these limits.

For further information about the following benefits, contact your local information centre (see page 1).

1. *EYEGLASSES*

The total cost of glasses is not covered. Before ordering glasses, ask the dispenser how much you must pay, how much Extended Health Benefits will pay and ask about the method of payment. There are two ways your bill can be paid:

(a) Extended Health Benefits can be billed directly for the allowed amount; and you will be asked to pay the difference between this and the total cost of the glasses.

(b) You may be asked to pay the total cost of your glasses; if so, ask for a completed claim form at the dispenser's office, sign it and send it to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6. Allow at least six weeks for the refund.

When you are choosing your glasses, be sure they fit well and that you can see clearly. Once the claim has been paid on your behalf, you may not be eligible to submit another such claim over the next 36 months (3 years).

If you are not satisfied with your eyeglasses, ask your optometrist or ophthalmic dispenser to make adjustments. Remember, when the eyeglasses you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for, and if claimed from Alberta Health Care, they are the one set you are allowed over a period of 36 months (3 years).

When your eyeglasses have been adjusted to the extent that the optometrist or ophthalmic dispenser states there is nothing more to be done, and if your eyeglasses are still unsatisfactory, you could report your problem to the appropriate body as follows:

ALBERTA GUILD OF OPHTHALMIC DISPENSERS
Rm. 250, 10830 Jasper Avenue
Edmonton, Alberta
T5J 2B3

ALBERTA ASSOCIATION OF OPTOMETRISTS
#1, 9333 - 50 Street
Edmonton, Alberta
T6B 2L5

Although you are allowed only one pair of eyeglasses every three years, the Extended Health Benefit Program will provide payment for one pair of distance glasses and one pair of reading glasses if you wish these in place of bifocals or trifocals. Also, a change of lenses will be paid for by the program if you have surgery which affects your vision, requiring a change of prescription. If your glasses are accidently damaged, the cost of repairs can be covered, or the glasses can be replaced if they are damaged beyond repair. However, it should be pointed out that there are limits on the coverage for lenses, frames and eyeglasses.

Only the wholesale cost of the lenses is covered by the program. Therefore, you could be required to pay more than this amount. Tinted lenses are not covered, but the program will pay what it would cost for untinted lenses with the same corrections. Contact lenses are not covered by the program.

There is a limit to the amount allowed for frames. A maximum of $33.00

will be paid toward the cost of frames and $14.50 for dispensing. You will have to pay the difference between this and the combined cost of the frames and dispensing. Check with dispensers, as some have "discontinued" frames available at reduced prices.

To obtain reimbursement for eyeglasses, write to: EXTENDED HEALTH BENEFITS, Alberta Health Care Insurance Plan, 10025 Jasper Avenue, Box 1376, Edmonton, T5J 2Y6 (427-1470).

2. *DENTAL CARE AND DENTURES*

Before making an appointment with a dentist or denturist, ask about the method of payment and the cost.

Most dentists and denturists will bill the program directly, but there may be an additional charge not covered by the program.

In some cases, a dentist or denturist may ask you to pay the total cost, and then will provide you with a completed claim form to sign and send to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6 for a refund. There may be a difference between the amount you pay the dentist or denturist and the amount the program will reimburse you.

Filling, extractions and the repair of natural teeth as well as orthodontic work, partial dentures, full dentures, denture repairs, and denture relines come under this program.

There is a maximum benefit of $1200 per person for dental care and dentures over any two consecutive calendar years (January 1st through December 31st). In addition, there are the following limitations, and please note that the costs of the following items combined can not exceed the $1200 maximum limit:

(a) one complete denture or reset (including rebase) for each arch once every 60 months (5 years);

(b) one complete denture reset for each arch once every 60 months (5 years);

(c) one partial denture for each arch once every 60 months (5 years);

(d) within a 5-year period (60 months) it is possible to obtain a partial denture for one arch and have it replaced by a complete denture;

(e) one denture reline or rebase every 24 months (2 years);

(f) payment for major orthodontics (straightening of teeth) with prior approval by the Alberta Dental Association and then approval by Alberta Health Care;

(g) gold inlays on dentures are not covered; and

(h) there are restrictions for occlusal adjustments. Consult your dentist.

Except for the $1200 maximum benefit for two consecutive calendar years, all time periods are measured from the dates the services were provided.

NOTE CONCERNING DENTURES:

It could take as long as 3 months for you to get adjusted to new dentures, so do not give up and begin using old dentures. If your new dentures do not seem to fit, ask your dentist or denturist to make adjustments. Remember, when the dentures you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for as the ONE set provided in the 5-year period.

If your dentures have been adjusted to the extent that the dentist or denturist states there is nothing more to be done and your dentures are still unsatisfactory, you should write to:

(if services were provided by a dentist)	(if services were provided by a denturist)
ALBERTA DENTAL ASSOCIATION #101, 8230 - 105 Street Edmonton, Alberta T6E 5H9	DENTURIST SOCIETY OF ALBERTA #201, 2 Athabascan Avenue Sherwood Park, Alberta T8A 4E3

3. *HEARING AIDS*

If your hearing problem cannot be corrected by medical or surgical treatment, you may want to consider a hearing aid. The basic tests for the selection and fitting of hearing aids can be done by either a clinical audiologist or a hearing aid practitioner.

The majority of hearing aid practitioners have an agreement with the government and will bill the program directly for the total cost of the testing, the fitting and the hearing aid.

WARNING:

Some hearing aid dealers have not signed an agreement with the government, and you will not receive funding for services provided by them; ask about this before making an appointment.

Before hearing aid services are provided, the hearing aid supplier will require you to obtain a written statement from your physician indicating there is no medical reason why an aid should not be fitted. This is most important, so be sure to see your doctor. You will also be required to show your Blue Cross card with Group 6631 or 6632 classification. Be sure you have your Blue Cross card with you.

After a minimum 28-day trial period following the fitting of the aid, you will be asked to sign a certificate stating satisfaction. Payment to the supplier will not be made by the program until you have signed.

In some cases, it takes more than the 28-day trial period to judge whether or not a hearing aid is going to give the best results possible.

It may take some time to adjust to a hearing aid. Do not hesitate to see your supplier in regard to your aided performance and an extension of the trial period.

DO NOT SIGN THE ACCEPTANCE FORM UNTIL YOU ARE COMPLETELY SATISFIED.

The supplier is paid by Extended Health Benefits to service and adjust the hearing aid and earmold, if applicable, for 12 months after the trial period. He or she will be attempting to contact you at least twice during the year in order to assess your satisfaction with the hearing aid. If you have any concerns, you should contact your supplier immediately for the necessary follow-up service.

Limitations of the program are:

(a) Your hearing aid supplier will provide 12 months servicing, including repairs and parts.

(b) Replacement of batteries is always at your own cost.

(c) After the 12-month service period, minor repairs twice every twelve months are provided. The program will pay for factory repairs once in any 6-month period following the expiry of the 12-month warranty period.

(d) A hearing aid will be provided for one ear only.

(e) Loss of a hearing aid before the end of a 4-year period is not covered by Extended Health Benefits. You are advised to arrange for insurance to cover loss of hearing aids.

After a 4-year period, if your hearing aid is no longer serviceable or the hearing impairment has changed, the program may approve another aid. Your supplier can explain the hearing aid replacement procedure.

Direct enquiries to:

William Brennan, M.A. CCCA
Audiology Consultant,
Extended Health Benefits
(Aids to Daily Living)
Alberta Community and Occupational Health
Seventh Street Plaza
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
(427-0731)

4. *MEDICAL/SURGICAL SUPPLIES AND REHABILITATION EQUIPMENT*

These items are supplied to eligible persons who are disabled for a long term and to individuals who are chronically or terminally ill. Seniors requiring a benefit must see a program "Authorizer" registered

with the Extended Health Benefits Program. Authorizers are health professionals located within your local health unit and in many hospitals, who will assess the need for benefits and complete an authorization form to order the benefits. Most items also require a medical doctor's prescription which verifies medical need for the equipment.

Benefits include: medical/surgical supplies such as ostomy products; incontinence and catheter supplies; injection supplies; urine-testing agents and dressings for certain contitions; respiratory equipment; mobility aids such as canes, walkers, and wheelchairs; environmental aids such as bath seats, patient lifters, and commodes; support items such as soft support garments, therapeutic pressure gradient footwear for persons with bony foot deformities. Off-the-shelf orthopedic shoes are not provided.

Many supplies are obtained through retail pharmacies and other suppliers. The larger equipment is purchased through the program unit and is provided on loan through a number of supply companies which will deliver the large recyclable equipment and will maintain it in good operating condition.

Program authorizers and suppliers have complete lists of all items provided and how often you can receive them. The pharmacists or suppliers will bill the program directly for authorized benefits. The total cost is covered by the program. Clients will be asked by the supplier to show the Blue Cross card.

Only certain medical and surgical supplies and equipment are provided. To ensure coverage you should obtain an authorization form before you contact a supplier. The program does not reimburse people for items purchased previously.

EXCEPTION:

To obtain custom-made orthopedic footwear benefits, a specific prescription from a medical doctor may be taken directly to a specialty shoemaker or orthotist supplier registered with the program.

SPECIAL DIETS AND DIET SUPPLEMENTS ARE NOT A BENEFIT.

ARTIFICIAL EYES AND LIMBS AND RIGID METAL OR PLASTIC BRACES ARE NOT COVERED BY THE PROGRAM (see section on Alberta Blue Cross).

For further information, contact:

EXTENDED HEALTH BENEFITS PROGRAM
(Aids to Daily Living)
Alberta Community and Occupational Health
Seventh Street Plaza
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
(427-7271)

COMMUNITY HEALTH NURSING

OFF RESERVE

A province-wide Community Health Nursing service is offered by local Health Units. The Community Health Nurses provide health education and counselling to individuals and groups on a diverse range of health related concerns such as life style, chronic disease, nutrition, retirement, aging and general health. The primary focus is health promotion.

Screening for blood pressure, hearing and vision, or a general health assessment can be done. Adult clinics are held in some areas. Immunization against certain diseases, such as annual protection against influenza, is available.

As the services offered are not the same in all areas, contact your nearest Health Unit office for more information (see listing in Appendix I).

ON RESERVE

On reserve services are provided by Health and Welfare Canada, Medical Services Branch through health centres, health stations or nursing stations.

Health Centres

Health centres are primarily intended to provide programs focusing on the prevention of disease and the promotion of health. They have at least one full-time nurse and community health workers.

Health Stations

Health stations are operated by the area health centre. The stations have a full-time community health worker and a nurse from the health centre who visit the station weekly or monthly.

Nursing Stations

In more remote areas, where a resident physician is not available, the following services are offered: emergency care, short-stay in-patient services, treatment for routine health problems, community health program for disease prevention and health promotion. For information about services in your area, contact your nearest health centre, health station, or nursing station.

HEALTH AND WELFARE CANADA, MEDICAL SERVICES BRANCH (420-2713)

Health Centres

Atikameg Health Centre
Atikameg
TOG OCO
(767-3941)

Beaver Lake Health Centre
Box 1950
Lac La Biche
TOA 2CO
(623-4549, local 33)

(health centres continued on next page.

Calgary Medical Services
Branch N.H.W.
284 Harry Hays Building
220 - 4 Avenue S.W.
Calgary
T2P 3C3
(231-4647)

Chip Lakes Provincial
Health Clinic
General Delivery
Chipewyan Lake
TOG 0B8
(899-3820)

Cold Lake Health Centre
Box 1109
Cold Lake
TOA 0V0
(594-2473)

Driftpile Health Centre
Driftpile
TOG 0V0
(355-3931)

Edmonton Health Centre
203 Belmar Building
11445 - 124 Street
Edmonton
T5J 2Z1
(454-2898)

Fort McKay Health Centre
Fort McKay
TOP 1C0
(828-4229)

Frog Lake Health Centre
Frog Lake
TOA 1M0
(943-3777)

Garden River Health
Centre
Bag 7000
Garden River
TOH 1N0
(659-3636)

Goodfish Lake Health
Centre
Goodfish Lake
TOA 1R0
(636-3638)

Heart Lake Health Centre
Box 1950
Lac La Biche
TOA 2C0
(623-7477)

Hobbema Health Centre
Box 189
Hobbema
TOC 1N0
(585-3982)

Horse Lake Health Centre
Box 128
Hythe
TOH 0C0
(356-3013)

Janvier Health Centre
Chard
TOA 0S0
(559-2375)

John D'Or Health Centre
Box 124
Fort Vermilion
TOH 1N0
(759-3773 or 3872)

Kehewin Health Centre
Box 550
Bonnyville
TOA 0L0
(826-2913)

Meander River Health
Centre, c/o High Level
Provincial Health Unit
High Level
TOH 1Z0
(535-2272)

Peerless Lake
(869-3930)

Peigan Health Centre
Box 756
Fort Macleod
TOL 0Z0
(965-3822)

Rocky Mountain House
Health Centre
Box 997
Rocky Mountain House
TOM 1T0
(845-3660)

Saddle Lake Health Centre
Box 86
Saddle Lake
TOA 3T0
(726-3929 or 3838)

Siksika Medicine Lodge
Health Centre
Box 100
Gleichen
T0J 1N0
(734-3054 or 3979)

Standoff Health Centre
c/o Blood Tribe Depart-
ment of Health
Box 229
Standoff
TOL 1Y0
(737-3888)

Stoney Health Centre
Box 8
Morley
TOL 1N0
(263-8611)

Sturgeon Lake Health
Centre
Box 747
Valleyview
TOH 3N0
(524-3717 or 5520)

Tallcree Health Centre
Box 68
Fort Vermilion
TOH 1N5
(927-3380)

Trout Lake Health Centre
General Delivery
TOE 2N0
(869-3831, 3951 or 3922)

Wabasca/Desmarais Health
Centre
Desmarais
TOG 0T0
(891-3931)

Health Stations

STATION	*TELEPHONE NUMBER*	*ASSOCIATED HEALTH CENTRE*
Sunchild Band Staff O'Chiese Band Staff Big Horn Reserve	989-3962 989-3962 989-3962	Rocky Mountain House Box 997 TOM 1TO (845-3660)
Alexander Band Alexis Band Enoch Band Paul Band	939-4787 967-2591 487-2369 892-2651	Edmonton 203 Belmar Building 11445 - 124 Street T5J 2Z1 (454-2898)
Sarcee Band Staff	281-4455	Calgary Medical Services Branch, NHW 284 Harry Hays Building 220 - 4 Avenue S.W. T2P 3C3 (231-4647)
Sucker Creek Box 65 Enilda TOG OWO	523-4390	Driftpile General Delivery TOG OVO (355-3931)
Swan River Box 71 Kinuso TOG 1KO	775-3544	

Nursing Stations

Fort Chipewyan Nursing Station
Fort Chipewyan
TOA 1GO
(697-3650)

Hay Lakes Nursing Station
Chateh
TOH OSO
(321-3971)

Fox Lake Nursing Station
Fox Lake
TOH 1RO
(659-3667)

ALCOHOL AND OTHER DRUG SERVICES

1. Alberta Alcohol and Drug Abuse Commission (AADAC)

The Alberta Alcohol and Drug Abuse Commission (AADAC) has out-patient and in-patient treatment facilities available to Natives on the same basis as all other Albertans. For information about services in your area, contact one of the following offices which is in your area:

Northern Services Division:

AADAC NORTHERN ALBERTA FIELD SERVICES
AND NORTHWEST DISTRICT OFFICE
Provincial Building
Room 2204, 10320 - 99 Street
Grande Prairie
T8V 6J4 (538-5214)

AADAC - HIGH LEVEL AREA OFFICE
Provincial Building
9813 - 102 Street
High Level
TOH 1ZO (926-2265)

AADAC - GRANDE PRAIRIE AREA OFFICE
Nordic Court
#101, 10014 - 99 Street
Grande Prairie
T8V 3N4 (538-5210)

AADAC - PEACE RIVER AREA OFFICE
Provincial Building
9621 - 96 Avenue
Peace River
TOH 2XO (624-6193)

AADAC - HIGH PRAIRIE AREA OFFICE
5028 - 53 Avenue
High Prairie
TOG 1EO (523-6650)

AADAC - SLAVE LAKE AREA OFFICE
1st Floor, Lakeland Centre
Slave Lake
TOG 2AO (849-7127)

AADAC NORTHEAST DISTRICT OFFICE
Provincial Building
9503 Beaver Hill Road
LAC LA BICHE
TOA 2CO (623-5287)

AADAC - GRAND CENTRE OFFICE
#208, Heritage Mall
4910 - 50 Avenue
Grand Centre
TOA 1TO (594-7556)

AADAC - LAC LA BICHE AREA OFFICE
Provincial Building
9503, Beaver Hill Road
Lac La Biche
TOA 2CO (623-5227)

AADAC - ST. PAUL AREA OFFICE
4448 - 50 Avenue, Adray Bldg. E.
St. Paul
TOA 3AO (645-6346)

AADAC - BARRHEAD AREA OFFICE
5141 - 50 Street
Barrhead
TOG OEO (674-8239)

AADAC - Ft. MCMURRAY OFFICE
4th Floor, Jubilee Centre
9915 Franklin Avenue
FORT MCMURRAY
T9H 2K4 (743-7187)

Central Services Division:

AADAC -CENTRAL ALBERTA FIELD SERVICES
#803, Energy Square Building
10109 - 106 Street
Edmonton
T5J 3L7 (427-4267)

AADAC - CENTRAL DISTRICT
Main Floor, Provincial Building
4920 - 51 Street
Red Deer
T4N 6K8 (340 5274)

AADAC - DOWNTOWN TREATMENT CENTRE
9929 - 103 Street
Edmonton
T5K 0Y1 (427-2736)

AADAC - WEST END TREATMENT CENTRE
Belmead Professional Building
8944 - 182 Street
Edmonton
T5P 2E3 (481-3493)

AADAC DAY COUNSELLING UNIT
Main Floor, 10242 - 105 Street
Edmonton
T5J 3L5 (427-1796)

AADAC - COMMUNITY EDUCATION SERVICES
#803, Energy Square Building
10109 - 106 Street
Edmonton
T5J 3L7 (427-4263)

AADAC RED DEER AREA OFFICE
Main Floor, Provincial Building
4920 - 51 Street
Red Deer
T4N 6K8 (340-5274)

AADAC - CAMROSE AREA OFFICE
4814 - 50 Avenue
Camrose
T4V 1N5 (672-1181)

AADAC - EDSON AREA OFFICE
111 - 54 Street
Edson
T0E 0P0 (723-8232)

AADAC - DRAYTON VALLEY AREA OFFICE
5136 - 51 Street
Drayton Valley
T0E 0M0 (542-5669)

AADAC - HINTON AREA OFFICE
Mount Miette Building
111 Jasper Street
Hinton
T0E 1B0 (865-8263)

Southern Services Division

AADAC SOUTHERN ALBERTA FIELD SERVICES
1177 - 11 Avenue S.W.
Calgary
T2R 0G5 (297-3038)

AADAC COUNSELLING SERVICES AND
DAY CARE CENTRE
1177 - 11 Avenue S.W.
Calgary
T2R 0G5 (297-3071)

AADAC - COMMUNITY EDUCATION SERVICES
3rd Floor, 1177 - 11 Avenue S.W.
Calgary
T2R 0G5 (297-3028)

AADAC - DRUMHELLER AREA OFFICE
110 - 3 Avenue W.
Drumheller
T0J 0Y0 (823-5740)

AADAC SOUTHERN DISTRICT OFFICE
Room 254, 200 - 5 Avenue S.
Lethbridge
T1J 4C7 (381-5104)

AADAC - LETHBRIDGE AREA OFFICE
Room 135, 200 - 5 Avenue S.
Lethbridge
T1J 4C7 (381-5183)

AADAC - BROOKS AREA OFFICE
2nd Floor, 120A - 1 Avenue E.
Brooks
T0J 0J0 (362-1265)

AADAC - MEDICINE HAT AREA OFFICE
631 Prospect Drive
Medicine Hat
T1A 4C2 (529-3582)

Institutions:

AADAC RECOVERY CENTRE
10302 - 107 Street
Edmonton
T5J 1K2 (427-4291)

AADAC - RENFREW RECOVERY CENTRE
1611 Remington Road N.E.
Calgary
T2E 5K6 (276-8946)

AADAC - HENWOOD TREATMENT CENTRE
R.R. #6
Edmonton
T5B 4K3 (973-3341)

AADAC - LANDER TREATMENT CENTRE
43 Avenue & 2 Street W.
Claresholm
TOL OTO (625-3311)

AADAC PROVINCIAL ADMINISTRATION
6th Floor, Pacific Plaza Building
10909 Jasper Avenue
Edmonton
T5J 3M9 (427-7301)

The following are agencies funded by AADAC which focus on meeting the needs of Natives or of the general community:

ACTION NORTH RECOVERY CENTRE
Box 872
High Level
TOH 1ZO (926-3113)

ALCOHOL AND DRUG ABUSE SERVICES
Catholic Social Services
8815 - 99th Street
Edmonton
T6E 3V3 (432-1137)
Alpha House (484-0274)

BONNYVILLE INDIAN METIS REHABILITATION CENTRE
Box 1348
Bonnyville
TOA OLO (826-3328)

CALGARY ALPHA HOUSE SOCIETY
203 - 15 Avenue S.E.
Calgary
T2G 1G4 (234-7388)

COOL-AID SOCIETY OF GRANDE PRAIRIE
10011 - 102 Street
Grande Prairie
T8V 2V5 (532-9004)

DISTRESS CENTRE/DRUG CENTRE
#201 Regency Building
112 - 11 Avenue S.E.
Calgary
T2G OX5 (266-1601)

FOOTHILLS ALCOHOL ACTION SOCIETY
Box 1573
Fort MacLeod
TOL OZO (553-4466)

GEORGE SPADY CENTRE
10015 - 105A Avenue
Edmonton
T5H OM5 (424-8335)

JELLINEK SOCIETY
11229 - 100 Avenue
Edmonton
T5K OJ1 (488-1160)

JIMMY WOLF TAIL MEMORIAL SOCIETY
Box 73
Brocket
TOK OHO (965-3773)

LETHBRIDGE AND COMMUNITY ADDICTIONS TREATMENT SOCIETY
Called: S. Country Alcohol & Drug Treatment Centre (formerly Napi Lodge)
Box 1418
Lethbridge
T1J 4K2 (329-6603)

MCDOUGALL HOUSE ASSOCIATION
10803 - 111 Avenue
Edmonton
T5G OC3 (426-1409)

METIS INDIAN TOWN ALCOHOL ASSOCIATION
Box 1202
High Prairie
TOG 1EO (523-3372)

NATIVE ALCOHOLISM SERVICES
1119 - 1 Street S.E.
Calgary
T2G 2H6 (261-7921)

NECHI INSTITUTE ON ALCOHOL AND DRUG EDUCATION
Box 3884, Station "D"
Edmonton
T5L 4K1 (458-1884)

O'MEARA REHABILITATION CENTRE
Box 360
Legal
TOG 1LO (961-3737)

PASTEW PLACE DETOXIFICATION CENTRE
505 Sakitawaw Trail S.
Fort McMurray
T9H 4P3 (791-2525)

POUNDMAKER'S LODGE
Box 3884, Station "D"
Edmonton
T5L 4K1 (458-1884)

RECOVERY ACRES (CALGARY) SOCIETY
1835 - 27 Avenue S.W.
Calgary
T2T 1H2 (245-1196)

RECOVERY ACRES SOCIETY
6329 - 118 Avenue
Edmonton
T5W 1G2 (471-2969)

RIVERSIDE VILLA ASSOCIATION
Villa South:
1916 - 12 Avenue S.W.
Calgary
T3C OR8 (245-8444)
Villa North:
4515 Centre Street N.
Calgary
T2E 2Z5 (230-2636)

ROCKY NATIVE FRIENDSHIP CENTRE
Box 1927
Rocky Mountain House
TOM 1TO (845-2788)

SALVATION ARMY
Box 328
Red Deer
T4N 5E9 (346-6130)

SLAVE LAKE NATIVE FRIENDSHIP CENTRE
Box 856
Slave Lake
TOG 2AO (849-3039)

SOUTHERN ALCARE SOCIETY & INDUSTRIES
520 - 7 Street S.
Lethbridge
T1J 2H1 (328-0955)

SUNRISE RESIDENCE SOCIETY
922 - 21 Avenue S.E.
Calgary
T2G 1N1 (269-5564)

VEG-AL-DRUG SOCIETY
Box 65
Vegreville
TOB 4LO (632-6617)

WALTER A. "SLIM" THORPE RECOVERY CENTRE
4611 - 48 Avenue
Lloydminster, Sask.
S9V OZ5 (825-8885)
Wainwright outpatient
Box 1391
TOB 4PO (842-5700)

2. National Native Alcohol and Drug Abuse Program (NNADAP)

The program strives to support Indian and Inuit people and their communities in establishing and operating programs aimed at arresting and offsetting high levels of alcohol, drug and solvent abuse among their populations living on reserves. The following programs are funded through NNADAP.

Atikameg
Whitefish Lake Alcohol Program
Whitefish Lake Band #459
TOG OCO
(767-3914 Irene Nahachick)

Bonnyville
Kehewin Counselling Services
Box 218
TOA OLO
(826-3333 Herman John)

Brocket
Peigan Alcohol Services
Box 137
TOK OHO
(965-3818; Band: 965-3940
Justine Knowlton)

Calgary
Sarcee Counselling Services
3700 Anderson Road
Box 101
T2W 3C4
(238-1342; Band: 238-4455
Harley Crowchild)

Cardston
St. Paul's Treatment Centre
Box 179
TOK OKO
(737-3757 Gayle M. Fox)

Desmarais
Bigstone Alcohol Program
Bigstone Band Office
TOG OTO
(891-3777 Clara Yellowknee)

Duffield
Paul Band Alcohol Program
Box 89
TOE ONO
(892-3411 Theresa Paul)

Edmonton
Nechi Institute on Alcohol and
Drug Education
Box 3884, Station "D"
T5L 4K1
(458-1884 Maggie Hodgson)

Fort Chipewyan
Fort Chipewyan Alcohol Program
Box 47
TOP 1BO
(697-3875; Nursing Station:
697-3650 Reg Desrocher)

Fort McMurray
Fort McKay Alcohol Program
Box 5360
TOH 3G4
(828-4229 Rose Boucher)

Frog Lake
Frog Lake Counselling Services
General Delivery
TOA OMO
(943-2109 Myrna Moyah)

Gleichen
Siksika Alcohol Program
Box 369
TOJ 1NO
(734-3816; Band: 734-3804
Greg Running Rabbit)

Glenevis
Stoney Tribal Counselling Services
(Alexis)
Box 7
TOE OKO
(967-2225 Adolph Kootenay)

Goodfish Lake
Goodfish Lake Counselling Services
Whitefish Lake Band #128
General Delivery
TOA 1RO
(636-3622; direct to Edmonton:
428-9501 Debbie Halfe)

Grand Centre
Cold Lake Counselling Services
Box 1681
TOA 1TO
(594-7183 ex. 20 Viki Jacob)

Grouard
Kapown Treatment Centre
General Delivery
TOG 1CO
(751-3921 Barry Nesbitt)

High Level
Dene Tha' Counselling Program
c/o Dene Tha' Band Office
Box 120
Chateh
TOH OSO
(321-3842 Gloria O'Connor)

Hobbema
Nayo-Skan Human Resources
Hobbema Health Services Board
Box 100
TOC 1NO
(585-3777 Clive Linklater)

Lac La Biche
Beaver Lake Wah Pow Detox and Treatment Centre
Box 1648
TOA 2CO
(623-2553 Bob Donaldson)

Heart Lake Alcohol Program
Box 447
TOA 2CO
(623-2146)

Longview
Eden Valley Counselling Services
Box 127
TOL OHO
(558-3602; Band: 558-3685 Billy Joseph)

Morinville
Alexander Band Alcohol and Drug Abuse Program
Box 510
TOG 1PO
(939-5887 Adm. Band office, Jean Wood)

Morley
Stoney Tribe Counselling Services (Morley)
1287 Cochrane
TOL OWO
(932-5333 Stoney Medicine Lodge Alcohol and Drug Treatment Centre, Yvonne Still)

Rocky Mountain House
O'Chiese Alcohol and Drug Abuse Program
Box 1570
TOM 1TO
(989-3927; Band: 989-3943 Phyllis Strawberry)

Sunchild Alcohol and Drug Abuse Program
Box 747
TOM 1TO
(989-3910; Band: 989-3740 Ida Goodrunning)

Saddle Lake
Saddle Lake Counselling Services
General Delivery
TOA 3TO
(726-3990/3991 Jeff Bull)

Slave Lake
Regional Council Alcohol Program (Lesser Slave Lake)
Box 269
TOG 2AO
(849-4943 Cameron Willier)

Standoff
Blood Tribe Department of Health
Box 229
TOL 1YO
(737-3888 Sandy Manychief)

Winterburn
Enoch Band Counselling Services
Box 2, Site 2, R.R. #1
TOE 2NO
(470-5677; Prg. 487-5776 Darlene Morin)

VICTORIAN ORDER OF NURSES (VON)

A nursing service administered by voluntary boards and funded through fees for service and donations in Calgary, Edmonton, Grande Prairie, Medicine Hat and Lethbridge.

Services are offered to all Native seniors off reserve on the same basis as all other seniors.

The VON provides nursing care in the home, under the supervision and authorization of your physician. This may include personal care, administration of medication, health teaching, and post-operative care such as changing surgical dressings.

The fee for this service may be covered by government programs. Alberta Blue Cross will reimburse a senior citizen or dependant up to $200 in a benefit year.

A fee based on ability to pay may be charged if you do not qualify for these programs.

For more information, call your local VON office:

Calgary
417 - 14 Street N.W.
T2N 2A1
(283-2819)

Edmonton
204, 12230 - 106 Avenue
T5N 3Z1
(488-7256)

Grande Prairie and Region
10409 - 98 Street
Queen Elizabeth II Hospital
T8V 2E8
(538-7435)

Lethbridge
419, 909 - 3 Avenue N.
T1H 0H5
(328-0033)

Medicine Hat and Districts
631 Prospect Drive S.W.
T1A 4C2
(529-8025)

COORDINATED HOME CARE PROGRAM

A program available through your local health unit. This program is not available on reserves unless formal agreements have been made between band councils and local health units.

The program provides a range of health and support services in the home to persons who require these services as a result of a medical condition which affects their ability to function independently. Health services include nursing, physiotherapy, occupational therapy, respiratory therapy, speech therapy, and nutrition services.

Support services which include homemaking and other home management services may also be supplied by the Home Care program and are free for the first two weeks. Following the two-week free period, recipients are assessed a fee based on a fixed hourly rate. Clients who are in receipt of Guaranteed

Income Supplement, Widow's Allowance, and/or Social Allowance are exempt from this fee.

Persons age 65 or over may be admitted to the program if they require only a support service.

Each person must be registered with the Alberta Health Care Insurance Plan and be under the care of a physician to qualify.

Referrals are accepted from family, friends, doctors or patients themselves.

For information about the Home Care Program in your area, contact your local Health Unit (see Appendix I).

ADULT CARE

The Department of Indian Affairs and Northern Development has an adult care program for persons who by reason of age or incapacity of a continuing nature require assistance. The program consists of in-home care, residential care, casework and counselling and also advice, training and funds to bands and district councils. Help is provided to individuals who are registered Indians and resident on reserves or crown lands. Since many bands have a Department of Indian Affairs and Northern Development worker on the reserve, contact the band office (see page 1 for listing) for the closest assistance or a District Office (see page 15).

GENERAL HOSPITALS

Hospitals providing a range of acute care services on an in-patient and out-patient basis. Hospital benefits cover in-patient care and services at the standard ward level. You are eligible for provincial insured hospital services if you are covered under the Alberta Health Care Insurance Plan. Admission to a general hospital is arranged by your physician.

Health and Welfare Canada, Medical Services Branch operates a hospital for Status Indians which is located at:

Blood Indian Hospital
Box 490
Cardston, Alberta
TOK OKO (653-3351)

AUXILIARY HOSPITALS

Hospital providing skilled professional nursing and medical care to meet the needs of those who require care and treatment for an extended period of time due to chronic or recurring illnesses. Native seniors have access to auxiliary hospitals on the same basis as all other Albertans.

The first 60 days of care are covered by provincial hospitalization benefits. After this period, the maximum charge is $14 a day for standard accommodation, or $20.25 a day for private accommodation (as of January 1, 1986).

Admission to auxiliary hospitals is based on a medical assessment of need. Your doctor must request this care for you. Alberta Health Care Insurance registration entitles you to the insured services provided by Alberta's

auxiliary hospitals.

NURSING HOMES*

Residential facilities providing personal care and nursing supervision to persons (including Native seniors), with reasonably stable conditions, but who require some assistance with activities of daily living.

Nursing homes may vary in size and are located throughout the province.

Nursing home residents who qualify for benefits are responsible for the following accommodation charges as of January 1, 1987:

$14.00 a day for standard accommodation
$16.50 a day for double accommodation (each)
$20.25 a day for single accommodation

The province pays for the balance of the nursing home cost if the applicant meets the following requirements:

--has lived in Alberta for three consecutive years at any time previously

OR

--has lived in Alberta for one year immediately prior to applying and has been a resident of Canada for 10 years or more.

If an applicant does not meet the above residency requirements to be eligible for benefits, the individual must also pay the provincial subsidy of the cost.

Admission to a nursing home is based on an assessment of need. Your doctor must request this care for you.

DAY HOSPITALS

Hospital programs providing the following services on a day-admission basis: medical, psychiatric, nursing and dietary services; physiotherapy and occupational therapy; social work counselling; recreational activities and social opportunities.

There are five day hospital programs, three in Calgary and two in Edmonton, available to Natives on the same basis as all other Albertans.

Admission to these programs is based on a medical assessment of need. You must be referred by a physician. At present there is no set fee schedule. Assistance with transportation may be available.

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*For more information about Nursing Homes and Auxiliary Hospitals, contact the appropriate Calgary or Edmonton District Office listed under DAY HOSPITALS, your local information centre (see page 1), your local Health Unit (see Appendix I), or your nearest nursing home or auxiliary hospital.

For information, contact:

Calgary
Carewest Assessment and
Placement Service
Ste. 204, 3016 - 5 Avenue N.E.
T2A 7K4
(273-5350)

Edmonton
Edmonton and Rural Auxiliary Hospital
and Nursing Home, District #24
406, 10216 - 124 Street
T5N 4A3
(482-6925)

Youville Wing
Edmonton General Hospital
11111 Jasper Avenue
T5K 0L4
(482-8111 and ask for Geriatric
Medicine)

The Edmonton General Hospital provides acute care services for the elderly and has a specialized assessment and rehabilitation program which operates on the Youville Wing's in-patient units and in its day hospital.

ALBERTA HEALTH FACILITIES REVIEW COMMITTEE

A committee of 12 appointed by the Provincial Government to visit general hospitals, auxiliary hospitals, nursing homes and senior citizens' lodges throughout the province, for the purpose of monitoring and evaluating them on behalf of users and the public at large. The visits are unannounced.

The committee also has a mandate to investigate complaints regarding institutions. The role of the committee does not extend onto reserves.

The address is: Alberta Health Facilities Review Committee
2nd Floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta
T5J 3M9
(427-4924)

ALBERTA INDIAN HEALTH CARE COMMISSION

The prime purpose of the Commission is to provide the Treaty Indian people of Alberta, both individually and as a group, with the tools and direction to improve the health situation in each and every community, both on and off the reserve. For further information contact:

Alberta Indian Health Care Commission
Suite 1390, First Edmonton Place
10665 Jasper Avenue
Edmonton
T5J 3S9

URBAN HEALTH WORKER PROGRAM (AIHCC)

The prime purpose of this Alberta Indian Health Care Commission program is to improve the delivery of health services to Indian people in the city by providing liaison between Indian people themselves and health agencies. To

contact the Urban Health Worker for your area, telephone or write to:

Calgary
Nancy Three Suns
Suite 602
604 - 1 Street S.W.
T2P 1M7
(262-3656)

Edmonton
Rose Martial
Suite 106
9924 - 196 Street
T5K 1C4
(429-3978)

HOUSING SERVICES

FINANCIAL AID FOR ACCOMMODATION

Renters' Grant

A provincial grant of $1,200 a year available to you if you are age 65 or over, have rented accommodation in Alberta for at least 120 days during the year and have not already claimed a homeowner refund for that year.

Currently Alberta Municipal Affairs does not extend this grant to status or non-status Indians or Metis who reside on reserves or settlements.

You must apply for this grant every year. However, application forms will be mailed automatically to persons who received this grant in the previous year.

A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60-64 years, whose deceased spouse was 65 years or older and eligible at the time of death, may also qualify for the renters' grant. Recipients of the Alberta Widows' Pension may also be eligible.

People living in subsidized housing, such as senior citizens' apartments and lodges, are eligible for a $600 grant. Those living in nursing homes, active treatment hospitals and auxiliary hospitals do not qualify.

Application forms for this annual grant are available at Treasury Branches, local city halls or town offices, local information centres, senior citizens housing or by contacting:

Grants and Subsidies Branch
Alberta Municipal Affairs
Box 2021
Edmonton, Alberta
T5J 2P4
(427-4873)

Renters' Assistance for Mobile Home-Owners

A provincial rental assistance grant of $1,000 for those 65 and over who own and have resided in a mobile home on rented land for at least 120 days and who have not received a property tax reduction benefit. A married couple can only make one application between them, unless they are legally separated.

Currently, Alberta Municipal Affairs does not extend this grant to status or non-status Indians or Metis who reside on reserves or settlements.

A widow or widower between the ages of 60-64 years whose spouse was 65 years

or older and eligible at the time of death, may also qualify. A recipient of the Alberta Widows' Pension may also be eligible. Application is made on the same form as for the Renters' Grant.

For further information, contact the Alberta Municipal Affairs address listed under Renters' Grant.

Property Tax Reduction Benefits

Provincial property tax reduction benefits for people age 65 or over who live in their own homes for at least 120 days during the tax year and who have not claimed a Renters' Assistance Grant for that year.

Currently, Alberta Municipal Affairs does not extend this grant to Status or non-Status Indians or Metis who reside on reserve or settlement.

The maximum property tax reduction is $1,000 or total taxes. The first part of the benefit is removal of the entire provincial education tax which the provincial government pays for everyone. Then the remainder of the $1,000 can be used to reduce property taxes up to the total amount of the tax, or to $1,000, whichever is less.

A widow or widower between the ages of 60-64 years, whose spouse was 65 years or older at the time of death, if he or she continues to own and live in the home, may receive this reduction. Recipients of the Widows' Pension Plan may also be eligible.

Application forms for these benefits may be sent each year with your property tax notice, or are available at your municipal tax office.

The completed application should be returned to your municipality. Further information is available at Alberta Municipal Affairs (see address under Renters' Grant). Telephone: 422-2118.

Senior Citizens' Home Heating Protection Program

A provincial program to assist senior citizens with home heating costs regardless of the type of fuel used.

A rebate of $100 for each calendar year is paid directly to eligible seniors. To be eligible, seniors must own and live in their own homes for at least 120 days during the calendar year.

The rebate is available to home-owners age 65 or over. Also eligible are widows and widowers between the ages of 60-64 whose spouse was age 65 or over at the time of death. Those persons who qualify under the Alberta Widows' Pension Program are also eligible.

Cheques are issued automatically to persons who have applied for and received the Alberta Property Tax Reduction benefit. Usually no application is necessary. Payments are mailed during January to March of the following year.

Application forms and information are available

off reserve/settlement: from your local municipal tax office, or

Rebates Branch, Alberta Utilities and Tele-Communications,
12323 Stony Plain Road
Edmonton, Alberta
T5N 3Y9
(422-4098)

on reserve/settlement: from your Band/Settlement Council office (see page 1 of this booklet for addresses and telephone numbers).

Seniors' Home Improvement Program

A provincial program providing a grant of up to $3,000 to eligible senior citizens, including all Native seniors on or off reserve or settlement. The grant can be used for a wide variety of home repairs, improvements and renovations. It applies to single-family dwellings, duplexes, fourplexes, row houses, condominiums and mobile homes. You may be eligible if your total family income for the last calendar year did not exceed $23,000 and you have not yet received this grant. If you have already received the grant but less than the maximum amount, and your income has since gone down, you might be eligible for some additional grant money.

YOU MUST GET THIS GRANT APPROVED PRIOR TO PROCEEDING WITH REPAIRS.

To be eligible, you must:

--own and live in your own home for at least nine months each year;

--live in Alberta for one year prior to application;

--have at least ten years residency in Canada and Canadian Citizenship or landed immigrant status;

--be at least 65 years of age or a widow or widower age 55 or over;

--verify membership with a particular Band and show proof of residency by submitting a Band Council Resolution signed by the Chief and Councillors.

For further information, brochures and application forms, contact:

Home Improvement Branch
11156 Jasper Avenue
Box 2453
Edmonton, Alberta
T5J 3B8
(427-5760; for toll-free call, dial the Operator and ask for Zenith 22093)

Home Adaptation Program

A provincial program which provides a grant of $1,000 to tenants or home-owners with an adjusted family income of $25,500 or less per year regardless of age and who are wheelchair users or who have a member of their household using a wheelchair.

This program is available to all Native seniors on or off reserve or settlement. On reserve a Band Council Resolution signed by the Chief and Councillors must be submitted prior to an application being approved. This verifies membership with a particular Band and residence requirements.

Landlords are also eligible to apply. The program is intended to meet the special home adaptation needs of persons who are confined to a wheelchair. Funds will be granted for permanent modifications to a home associated with improving accessibility and facilitating wheelchair movement for wheelchair users within the home.

YOU MUST GET THIS PLAN APPROVED PRIOR TO PROCEEDING WITH REPAIRS.

Enquiries should be directed to:

Home Adaptation Program
205, 10050 - 112 Street
Edmonton, Alberta

T5K 2J1
(422-2711)

Lodges

Accommodation providing room and board to senior citizens who do not wish to do, or cannot handle, their own housekeeping. Lodges are available to all Native seniors on the same basis as all other senior citizens.

They are located throughout the province. The average lodge accommodates between 40 and 65 persons and has both single and double rooms. Furniture, drapes and linen are provided. Complete meal services in a central dining hall are provided for all residents.

Rental rate guidelines are set by the government of Alberta. The maximum rates as of April, 1987 are:

$396 a month, each person, for a double room
$440 a month for a single room
$515 a month for a special single room (large)

The local foundation (municipally appointed board) managing each lodge is responsible for handling applications, selecting tenants and setting the rules and regulations for the lodge. The general admission requirements are:

--reasonable mental and physical health;

--Alberta residency for one year prior to application

--at least 65 years of age (one member of a couple must be 65 years or older).

For more information, contact your local foundation or local information centre (see page 1).

Lodges for Native Seniors

On Reserve:

Kehewin Seniors Lodge
Box 218
Bonnyville
TOA OLO
(826-3333)
(Priority given to those of Native ancestry)

Samson Elder's Home
Box 159
Hobbema
TOC 1NO
(585-3023)

Kipohtakawkamik Lodge
Box 510
Morinville
TOG OPO
(939-5533)

Off Reserve:

Ayabaskaw Home
Box 56
Fort Chipewyan
TOP 1BO
(697-3791)

Apartments

Self-contained apartments designed to provide accommodation for senior citizens at a reasonable rent are available to Native seniors on the same basis as all other seniors in Alberta.

The units are either bachelor or one-bedroom apartments with stoves, refrigerators and carpets. Lounges and laundry facilities are available in each project.

Rents in the buildings built under the present plan are based on income. A senior citizen pays 25 percent of his or her gross income in rent.

Cottages or self-contained units built prior to the present plan charge a flat rate which is considerably lower than that charged by privately owned apartments. Rates as of April, 1987 are: bachelor $180; one-bedroom $264.

If you are a resident of Alberta and can manage your own housework, you may be eligible for a senior citizen's apartment. Since the supply of housing available is limited, priority is given to those in greatest need. Need is

determined by your family income, your assets, condition of your present accommodation, the amount of your present rent and the availability of services to you.

Applications are made directly to the project management group which selects the tenants.

For more information in Calgary, Edmonton, Lethbridge and Medicine Hat, contact your local housing registry listed on pages 50 and 51.

Apartments for Native Seniors

On Reserve:

Kehewin Seniors Lodge
Box 218
Bonnyville
TOA OLO
(826-3333)

Off Reserve:

Ayabaskaw Home Box 56 Fort Chipewyan TOP 1BO (697-3791)	There are 10 self-contained units. They are open to anyone over 65 years who has been a resident of Alberta for the past 6 months.
Ota-Wigetak Senior Citizens Apartments General Delivery Gunn TOE 1AO (967-5293)	The Canative Housing Corporation operates 33 self-contained units. Cost of each unit differs with each tenant's income.
Neewatim Elders' Home General Delivery Wabasca TOG 2KO (891-3671)	There are 12 self-contained units in this elders' home.

Homes for Special Care

Privately operated lodges licensed by the provincial government, which provide room, board and some personal care for older residents, including Native seniors.

Admission requirements and fees are determined by the management of each home.

Urban Native House Rental

Two Native organizations are involved in purchasing single-family homes and renting them to Native families and senior citizens in urban centres. If you live in these areas, contact:

Calgary
Canative Housing Corporation
#1203, 1316 Centre Street N.E.
T2E 2R7
(277-1915)

Metis Urban Housing Corporation
c/o Peter Pelletier
4323 Marbank Drive N.E.
T2A 3H8
(272-1133)

Edmonton
Canative Housing Corporation
8726 - 112 Avenue
T5B OG6
(471-2560)

Metis Urban Housing Corporation
12750 - 127 Street
Edmonton
T5L 1A5
(452-6440)

Lloydminster
Metis Urban Housing Corporation
c/o Mr. Ed Coleman
Local 201
5103 - 54 Street
T9V OR2
(875-2684)

Housing Registries

SENIORS' HOUSING REGISTRIES

Offices in Edmonton, Calgary, Lethbridge and Medicine Hat have complete lists of senior citizens' housing (apartments and lodges). The registries provide information about local senior citizens' housing and may help you to find private accommodation. If you live in these areas, contact:

Calgary
Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2
(265-0661)

Edmonton
Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3
(423-5510)

Lethbridge
Information Lethbridge
Yates Memorial Centre
4 Avenue & 10 Street S., c/o City Hall
T1J OP6 (320-3841)

Medicine Hat
Strathcona Centre
11 - 55 Street S.E.
T1A 8C7 (529-8307)

If a housing registry is not available in your area, contact your local information centre or the Senior Citizens Secretariat (427-7876 in Edmonton) for more information.

NATIVE HOUSING REGISTRY

The Registry enables families to find decent, affordable accommodation in the City of Edmonton on the open market.

Native Housing Registry
10176 - 117 Street (basement)
Edmonton
T5K 1X3
(482-6051)

LEARNING OPPORTUNITIES

Continuing Education

Credit Courses:

Are offered on a tuition-free basis to persons age 65 or older, including Natives, attending the following educational institutions where space is available after fee-paying students have been accommodated:

Alberta Vocational Centres	Calgary, Edmonton, Lac La Biche, Grouard
Northern Alberta Institute of Technology	Edmonton
Southern Alberta Institute of Technology	Calgary

Senior citizens now can attend some other educational institutions in the province on a tuition-free basis or with a minimal registration fee. To find out if this is the case in your area, contact the registrar's office at the nearest university or college or your local information service (see page 1).

Non-Credit Courses:

The University of Alberta and the University of Calgary are receiving special ministerial grants to offer non-credit learning experiences on campus called Spring Session for Seniors. Some fees are charged for these programs. For further details, contact University of Alberta at 432-3166 or University of Calgary at 220-4100.

Other non-credit general interest programs may be available to you in your community through the local Further Education Council. Please contact the nearest lodge, drop-in centre or local information centre (see page 1).

Regional further education coordinators are available in some areas. If you cannot locate the coordinator in your area, you should contact the Senior Citizens Secretariat (427-7876 in Edmonton) or:

Further Education Services
Alberta Advanced Education
11160 Jasper Avenue
Edmonton, Alberta
T5K 0L1
(427-5624)

Consumer Help

Available from Alberta Consumer and Corporate Affairs regional offices throughout the province. Offices are located in Calgary, Edmonton,

Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Peace River and Red Deer. They offer:

--consumer complaint investigation

--financial counselling

--consumer education on workshops and courses

--free information on a variety of topics

For more information about these services, contact the office nearest you. The address and telephone number are listed in your telephone directory under Government of Alberta.

For a list of available free publications, request a copy of the Publication List from:

Alberta Consumer and Corporate Affairs
Box 1616
Edmonton, Alberta
T5J 2N9

Alberta Agriculture

The Home Economics Branch, Alberta Agriculture, through its network of District Home Economists, provides home economics information and education services to rural people, including Natives and particularly farm families. Current program priorities aimed at farm women include: budgeting, family income, home and farm record keeping, family financial security, time management, remodelling homes for energy efficiency, nutrition, weight control and food preservation.

The Home Economics Branch has developed a learning package "Nutrition and the Life Cycle: The Senior Years." It may be borrowed from your local District Home Economist.

Two branch publications of interest to senior citizens are: "Cooking for One or Two" and "Ins and Outs of Nutrition." These are available from your local Alberta Agriculture District Office or:

Print Media Branch
7000 - 113 Street
Edmonton, Alberta
T6H 5T6
(427-0391)

LEISURE OPPORTUNITIES

ALBERTA RECREATION AND PARKS

Provincial Sports and Recreation Services Branch

This branch promotes, encourages and coordinates orderly recreation development in Alberta through the establishment of an integrated provincial system of recreation administration, facilities, participation and leadership opportunities and program development.

Services provided are consultation, information, resource materials, educational opportunities and grants. These services are available to all Natives on the same basis as all other Albertans.

Alberta Recreation and Parks
Provincial Sports and Recreation Services Branch
9th Floor, Standard Life Centre
10405 Jasper Avenue
Edmonton, Alberta, T5J 3N4 (427-2015)

To facilitate department services, the province is divided into regions. For information about the programs and services, you may contact the department's regional recreation consultants:

		Lethbridge	381-5231
Calgary	297-6115	Peace River	624-6295
Edmonton	427-2019	Red Deer	340-5115
Edson	723-8227	Stettler	742-7516
Grande Prairie	538-5300	St. Paul	645-6353
High Prairie	523-6536	Stony Plain	963-2281
Leduc	986-8401	Three Hills	443-8500

Funding for the operating and capital costs of facilities providing recreation and cultural programs is available through the Community Recreation/ Cultural Grant Program. Information is available at your regional Alberta Culture office or Alberta Recreation and Parks Regional office.

Alberta Senior Citizens Sport and Recreation Association

A volunteer action group which promotes sport, recreation and fitness development for adults age 55 and over, acts as the provincial voice and encourages and promotes participation at the local level in Alberta Winter, Summer and Seniors' Games. The Board of Directors consists of an executive and representatives from branches in eight zones across the province. Members receive a monthly magazine at a fee of $3 a person per annum. Special rates for clubs and centres are available and are determined by the number of members.

For information, contact: Alberta Senior Citizens Sport & Recreation Association, 890, 1520 - 4 Street S.W., Calgary, Alberta, T2R 1H5 (228-1974).

Local Recreation Programs

These are available throughout the province. The majority of community-based activities are the responsibility of municipal parks and recreation departments.

Recreation activity opportunities for older Albertans include recreation centres, arts and crafts classes and exhibitions, outdoor learning at nature centres; fitness programs; Master's categories in sports such as swimming, badminton, tennis and golf; the bi-annual Alberta Senior Games; participatory events in Alberta Summer and Winter Games; tours and exchange visits.

Your local recreation department can supply you with information as to local programs, activities, interest groups and workshops available. Consult your telephone directory for the number of your local municipal recreation department or contact your local information centre (see page 1).

Senior Centres, Drop-In Centres and Clubs

These exist throughout the province; programs vary. Some centres are open daily while others operate part-time. In general, they offer social and recreational opportunities. Some offer services such as friendly visiting, health and information counselling, group meal services, continuing education classes, arts and crafts groups and volunteer opportunities (see page 59, "Services to Help You at Home and in the Community").

Check with the centres and clubs in your area, your local information service on or off reserve/settlement (see page 1) or your local health centre on reserve (see page 30) or local Health Unit off the reserve (see Appendix I).

Native Senior Centres on reserve include:

Kipohtakawkamik Seniors Drop-In
(located in the lodge)
Box 510
Morinville
TOG 1PO
(939-5573)

Old Sun Community College
Elders' Centre
Box 309
Gleichen
TOJ 1NO
(734-2369)

Saddle Lake Seniors Recreation Centre
c/o Box 12
Saddle Lake
TOA 3TO
(726-2407)

ALBERTA CULTURE

Senior citizens' groups, including all Native seniors' groups, are eligible for any of the programs or services of Alberta Culture, including any workshops, consultative services or resources, including library materials.

For information regarding any cultural programs or services of Alberta Culture, contact:

Alberta Culture
12th Floor, CN Tower
10004 - 104 Avenue
Edmonton, Alberta
T5J 0K5
(427-2568)

or any of the department's field offices:

Calgary	297-6116
Grande Prairie	538-5408
Medicine Hat	529-3635
Red Deer	340-5247
St. Paul	645-6328

NEW HORIZONS

This is a federal government program which provides funding to groups of ten or more retired persons to carry out projects of their own choosing for the benefit of themselves and others in the community. This program is available to Native seniors on the same basis as all other seniors in Canada. New Horizon staff is available to meet with groups considering activities prior to the preparation of applications. Meetings can be held in Native languages, with interpretation provided by the group for the New Horizons worker.

Financial assistance is available to start up new activities or to expand existing activities within the community. Grants may cover expenses incurred in planning, organizing and operating activities, including such items as rent and minor renovations for space used. Limited funds are available to pay salaries to project directors or participants. The emphasis is on being involved and participating in community events on a voluntary basis.

Some typical projects include activities at drop-in centres; community services; crafts and hobbies; historical, cultural and educational projects; information services; sports and recreation and performing arts.

New Horizons staff is available to meet with groups considering project activities prior to the preparation of applications.

For information, contact:

New Horizons
203, 10621 - 100 Avenue
Edmonton, Alberta
T5J 0B3
(420-2754, You can call collect)

After March, 1988, the address is:

8th Floor, Canada Place, 9700 Jasper Ave.
Edmonton
(495-2754)

NATIVE CULTURAL PROGRAMS RELEVANT TO SENIORS

ON RESERVE:

Muskwachees Cultural College
Box 360
Hobbema
T0C 1N0 (585-3925)

Old Sun Community College
Box 339
Gleichen
T0S 1N0 (734-3862)

OFF RESERVE:

Native Friendship Centres--The programs and services offered vary greatly with the unique interests and resources of local communities. Generally, social, recreational and cultural programs are the priorities. In the following locations you can locate Friendship Centres:

Bonnyville
Bonnyville Canadian Native
Friendship Centre
Box 99
TOA OLO
(826-3374)

Calgary
Calgary Native Friendship Centre
140 - 2 Avenue S.W.
T2P OB9
(264-1155)

Edmonton
Canadian Native Friendship Centre
10176 - 117 Street
T5K 1X3
(482-6051)

Native Senior Citizens Outreach
Worker, Metis Women's Council
Canadian Native Friendship Centre
(address as above)
(488-9123)

Fort McMurray
Nistawoyou Association Friendship
Centre
8310 Manning Avenue
T9H 1W1
(743-8555)

Grand Centre
Satellite Native Friendship Centre
Box 1978
TOA 1TO
(594-7526)

Grande Prairie
Friendship Centre
10105 - 97 Avenue
T8V ON5
(532-5722)

High Level Friendship Centre
Box 1735
TOH 1ZO
(926-3355)

High Prairie
Native Friendship Centre
Box 1448
TOG 1EO
(523-4511)

Lloydminster
Native Friendship Centre
Box 1968
S9V 1R5
(825-6558)

Lethbridge
Sik-Ook-Kotok Centre
(Lethbridge Native Friendship
Society of Southern Alberta)
#10, 534 - 13 Street N.
T1H 2S6
(328-2414)

Peace River
Sagitawa Friendship Centre
Box 1283
TOH 2XO
(624-2443)

Pincher Creek
Napi Friendship Centre
Box 657
TOK 1WO
(627-4224)

Rocky Mountain House
Rocky Native Friendship Centre
Box 1927
TOM 1TO
(845-2788)

St. Paul
Mannawanis Native Friendship
Centre
Box 2519
TOA 3AO
(645-4630)

Slave Lake
Friendship Centre
Box 856
TOG 2AO
(849-3039)

NATIVE SERVICES GRANTS

Alberta Municipal Affairs, through Native Services Unit, provides grants to assist a variety of Native groups, including seniors' groups. A group must be a recognized legal society, association or corporation. For further information and assistance, call or write:

Municipal Affairs, Native Services
9925 - 107 Street, 6th Floor
Edmonton, Alberta
T5K 2H9
(427-5942)

NATIVE HERITAGE AND CULTURAL CENTRE

12555 - 127 Street
Edmonton, Alberta
TOG 2E4
(452-6296-contact: Dr. Anne Anderson)

SERVICES TO HELP YOU AT HOME AND IN THE COMMUNITY

Family and Community Support Services Programs (FCSS)

Provincial/municipal/band programs available in many parts of Alberta, designed to promote the general social well-being of individuals and groups, including Natives, of all ages by preventing or minimizing those conditions which tend to reduce personal well-being.

Through the FCSS programs, provincial and municipal/band funding is provided for services of interest to senior citizens, such as senior centres, home support services and meals-on-wheels.

Most municipal FCSS programs have a director. Directors are knowledgable about social and health services provided by other agencies and government departments and are aware of new program developments and funding sources.

For information about the kinds of services in your area, contact your local FCSS director (see Appendix II) or contact:

Family and Community Support Services
Alberta Community and Occupational Health
7th floor, Seventh Street Plaza
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
(427-2803)

Meals-on-Wheels

A service which provides one hot meal a day to senior citizens in their homes. There usually is a charge for the meals.

Meals-on-Wheels services are located in many Alberta cities and towns.

For further information, contact your local health unit (see Appendix I), your local FCSS office (see Appendix II), or your local information service (see page 1).

Home Help Services

Providing limited home help, chore help and home maintenance services in some Alberta cities and towns. The home help service may offer help with light housekeeping and cleaning, shopping and some personal services if you are unable to manage on your own. Chore services and home maintenance services may be available to help you with upkeep and repair work on yard and house if you are unable to do it. There usually is a charge for these services.

For information about these services, contact your local health unit (see Appendix I), your local FCSS office (see Appendix II), or your local information centre (see page 1).

The Department of Veterans Affairs, Aging Veterans Program

This provides home help such as housekeeping or groundskeeping to certain veterans, including Natives, who qualify due to health, age, war service disability, War Veterans Allowance, or a combination of these factors. For further information, contact the district office closest to you.

Edmonton
District Medical Officer
Veterans Services District Office
8th Floor, Baker Centre
10025 - 106 Street
T5J 1G7
(420-3762)

Calgary
District Medical Officer
Veterans Services District Office
Sam Livingston Bldg.
102, 510 - 12 Avenue
T2R 0X5
(292-4820)

Home Care

See "Health Services" for information about the Coordinated Home Care Program.

Senior Centres

Some senior centres provide friendly visiting, group meal services, telephone-buddy calls, health counselling, information services and volunteer opportunity programs. You may wish to use their services or participate in providing the services (see "Leisure and Cultural Opportunities" for information).

For information about centres, contact your local information service (see page 1), your Family and Community Support Services office or your local health unit (see Appendices I and II).

New Horizons

Funding for groups wishing to undertake a service project (see Leisure and Cultural Opportunities for information).

Further Help

Opportunities for people needing some care, to stay for a brief period of time or to go during the day, may be available at a lodge or nursing home in their communities. The day stay may also be available at senior centres. Check with your local information service (see page 1) or your nearest health unit office (see Appendix I).

TRANSPORTATION

Bus Passes

Available at minimal cost to people 65 years of age and older who are residents of Calgary, Edmonton, Lethbridge and Red Deer. You must supply proof of age when applying. Passes are available at the following places:

Calgary
City of Calgary Social Services
Department, Special Needs
Transportation Unit
Municipal Bldg., 7th Floor
800 MacLeod Trail S.E.
T2P 2M5
(268-5111)

write to: Box 2160
Station "M"

Edmonton
City of Edmonton Transit
LRT Churchill Station
99th Street and 102A Avenue
(across from Art Gallery)
T5J 3R5
(428-8868)

Lethbridge
Senior Citizens Centre
500 - 11 Street S.
T1J 4G7
(320-2222)

Red Deer
City Hall
City Clerk's Department
4914 - 48 Avenue
T4N 3T3
(342-8111)

Special Transportation Help

Available in some of the larger centres for you if you cannot use the regular transportation system. Call your local information centre (see page 1) to learn more about this service.

In smaller centres, some help with transportation may be available. Contact your local information centre (see page 1), your health unit (see Appendix I) or your Family and Community Support Services office (see Appendix II).

Alberta Transportation provides a per capita grant to cities, towns, villages, counties, municipal districts, improvement districts and the special areas to aid them in developing transportation for the elderly and handicapped. The use of these funds is determined by the local government. Special transportation help is not available to reserves. The per capita funding available to improvement districts would include funding for the Metis settlement populations and hamlets.

The Alberta Council on Aging has published a Transportation Handbook to assist rural areas in developing a service. This booklet is available from the Alberta Council on Aging at a small charge (see page 63 for address).

Travel Discounts

Various discounts are available to all older people in Alberta when proof of age is shown.

Airline Discounts: All reservations confirmed (effective for flights in Canada only). Airlines providing discounts in fares are:

Air Canada

Canadian Airlines International

Via Rail Canada provides a 33 percent discount.

Greyhound Bus provides a 10 percent discount on regular fares, not excursion fares.

Red Arrow Express Bus provides a 10 percent discount except on Friday and Sunday. This bus travels between Calgary, Red Deer, Edmonton, and Fort McMurray.

PROVINCIAL ORGANIZATIONS FOR SENIORS

Alberta Council on Aging (ACA)

A voluntary organization of groups and individuals concerned with the process of aging. It works toward change on both the individual and societal level, and toward enhancement of active community participation of seniors in society.

The ACA has a Board of Directors, the majority of whom are senior citizens, who are elected by its membership from various parts of Alberta. The Board of Directors is responsible for the development of organizational policy and program strategies.

The Council acts as secretariat for the Interagency Council, a group of representatives of non-governmental provincial organizations working with the elderly across Alberta. In this way it encourages communication and sharing of resources among senior groups and organizations without interfering with their autonomy.

The ACA has promoted senior involvement in areas such as health care, transportation, senior centre management, education, sports and recreation, the arts and law enforcement.

The ACA also publishes the ACA News, a current source of information on issues concerning Alberta's seniors.

Individual membership is $5 a year and includes the ACA News. Organizational membership is $25 a year and provides 5 copies of each issue of the ACA News and free use of the film library.

The ACA, in cooperation with the Senior Citizens Secretariat, New Horizons, and the Wild Rose Foundation, has developed a unique service to meet the changing needs of senior citizens and their organizations. This innovative program, called the Volunteer Community Consultant Project, utilizes retired experts to assist seniors' groups with their needs in the areas of leadership development, access to resources, programming and communication.

Alberta Council on Aging
Room 390, First Edmonton Place
10665 Jasper Avenue
Edmonton
T5J 3S9
(423-7781)

Canadian Pensioners Concerned, Alberta Division

A senior citizens' organization that concentrates its activities specifically in the area of financial concerns and problems of pensioners. They feel that those seniors' organizations whose work relates to education and who promote recreation, travel and social activities are well developed, whereas the area of financial concern requires specialized attention.

To achieve its aims, Canadian Pensioners Concerned becomes involved in researching areas of need and general financial interest related to pensioners. It monitors legislation passed or proposed and makes its findings known to whichever government is involved by briefs, presentations and lobbying.

All the work of Canadian Pensioners Concerned is carried on by volunteers. Although Canadian Pensioners Concerned has been funded in the past by the federal New Horizons Program, it is now completely self-supporting. Donations and contributions from members and the community are its only source of income to cover its operating expenses.

Membership is available to individuals, senior citizens' groups and senior citizens' organizations such as drop-in centres.

A newsletter is published four times a year. It informs members of benefits available and legislation affecting pensioners.

Membership fees per year are: single members, $6; married couples, $8; organizations, $10; (this includes newsletters).

For further information, contact:

Canadian Pensioners Concerned,
Alberta Division
3626 - 113 Avenue
Edmonton, Alberta
T5W OP8

Alberta Pensioners and Senior Citizens Organization

A voluntary organization composed of local chapters in Alberta. The Alberta organization was founded in 1942 in Lethbridge, and is a member of the National Pensioners and Senior Citizens Federation.

The organization is concerned about pensions and other issues affecting the elderly.

Chapters meet regularly and hold an annual meeting at which proposed resolutions are voted on and forwarded to appropriate bodies. For further information, contact:

ALBERTA PENSIONERS AND SENIOR CITIZENS ORGANIZATION
c/o Secretary, Kay O'Connell
P.O. Box 10
Picture Butte, Alberta
TOK 1VO
(732-4565)

LEGAL SERVICES

Ombudsman

Appointed by the legislature. The duty of the ombudsman is to investigate the complaints of any person, including Natives, who feels unjustly dealt with by a department or agency of the provincial government. The ombudsman has no power to investigate complaints against the federal or municipal government or to intervene in court cases. Investigations can be started only after the person making the complaint has used all the normal channels of appeal. The Ombudsman Act requires every complaint to be in writing. Offices are located at:

Edmonton
1630 Phipps-McKinnon Building
10020 - 101A Avenue
T5J 3G2
(427-2756)

Calgary
1080 McFarlane Tower
700 - 4 Avenue S.W.
T2P 3J4
(297-6185)

Legal Aid

Provides legal representation for eligible individuals, including Natives, who will likely be called upon to repay the Legal Aid Society at a reduced rate when the case is completed.

For an appointment, contact the nearest of the following offices:

Calgary	297-2260	Medicine Hat	529-3553
Edmonton	427-7575	Peace River	624-6250
Fort McMurray	743-7356	Red Deer	340-5119
Grande Prairie	538-5470	St. Paul	645-6205
Hinton	865-8239	Wetaskiwin	352-7011
Lethbridge	381-5194		

Public Trustee

Can assist persons who require help with administration of wills and estates. The Public Trustee does not have jurisdiction over the affairs or estates of Status Indians.

In Calgary, phone 297-6541; in Edmonton, phone 427-2744.

Estate Program

This Indian Affairs and Northern Development program is involved in the trusteeship of wills and estates for status Indians on or off reserve. For further information, contact the main program office in Edmonton at 420-2873

or your nearest Indian Affairs representative (see page 15 for a listing).

Public Guardian

Offers a legal means to provide support and protection by a guardian. Offers a legal means for court-appointed guardian to make, or assist in making, decisions for adult Albertans, including Natives, who are unable to care for themselves and to make reasonable judgements in respect to matters relating to their persons.

Offices of the Public Guardian:

Calgary
2nd Floor, Executive Place
731 - 6 Avenue S.W.
T2P 0V1
(297-3364)

Lethbridge
501 Professional Bldg.
740 - 4 Avenue S.
T1J 0N9
(381-5648)

Edmonton
4th Floor, 108th Street Bldg.
9942 - 108 Street
T5K 2J5
(427-0017)

Red Deer
2nd Floor, Provincial Bldg.
4920 - 51 Street
T4N 6K8
(340-5165)

Student Legal Services

Provides free legal information by students working under the direction of a lawyer. The following are the telephone numbers for Student Legal Services:

Calgary:	220-6637	
Edmonton:	425-3356 McLeod Project	from 9 to 12 a.m. and 1 to 5 p.m. during the summer months and 4:30 to 6:30 during fall and winter
	432-0770 Whyte Avenue office	from 8:30 to 12 and 1 to 4:30 during the summer months and 7 to 9 p.m. Monday to Thursday in the fall and winter
	452-9177 West 10 office	from 10 to 3:30 during the summer and 7 to 9 p.m. in the fall and winter
	432-2226 Administrative law (labour, UIC, immigration, small claims, landlord-tenant)	summer hours are Monday, Tuesday, and Thursday from 3 to 5 and Friday from 2 to 4 at the University of Alberta. During the fall and winter the Whyte Avenue office takes these calls.
	432-2701 Family Law	

Lawyer Referral Services

Operated by the Law Society of Alberta to help you if you can afford to pay for a lawyer, but do not know one who can help you. The service is available to all Native Albertans and provides the names of three lawyers in a specific category. You receive the first half hour of discussion for a nominal fee. During that time you can discuss fees and decide whether you want to use the lawyer contacted. You are charged the lawyer's full fee for any service provided. This office is located at:

Lawyer Referral Service Office
344 - 12 Avenue S.W.
Calgary, Alberta
T2R OH2
(263-5988; toll-free anywhere in Alberta: 1-800-332-1110)

Alberta Women's Secretariat

Provides the following booklets:

--Wills and Estates for Albertans
--A Guide to Probate Procedure
--Wife Abuse: What is it, What to do About it

For copies of these free booklets, contact:

Alberta Women's Secretariat
Education and Communications Division
8th Floor, Kensington Place
10011 - 109 Street
Edmonton, Alberta
T5J 3S8
(422-4927)

Dial-A-Law

A Calgary-based telephone service which provides pre-recorded information tapes on a variety of legal topics. Call 234-9022 in Calgary or toll-free elsewhere in the province 1-800-332-1091.

Native Counselling Services of Alberta

The main objective is: "To gain fair and equitable treatment for Native people involved with the legal system." To do this, Native Counselling Services strives to:

--increase Native knowledge and understanding of legal and other systems;

--increase the legal system's knowledge and understanding of the special circumstances surrounding Native involvement with the legal system ;

--increase the general community's knowledge and understanding of Natives and

the legal system.

For more information and assistance, contact your closest NCSA office.

Calgary
1426 - 19 Avenue N.W.
T2M 1A6
(284-4851)

Edmonton
10016 - 106 Street
800 Highfield Place
T5J 3L8
(423-2141)

Lac La Biche
Box 988
TOA 2CO
(623-4777)

Lethbridge
1616 - 2nd Avenue S.
T1J OG2
(329-6140)

Peace River
Box 778
TOH 2XO
(624-4622)

Slave Lake
Box 1037
TOG 2AO
(849-4914)

Wetaskiwin
5006A - 48 Avenue
T9A OM9
(352-2461)

Whitecourt
Box 2077
TOE 2CO
(963-9270)

Native Peoples' Programme

The programme is designed to provide liaison between Alberta's Native people and judicial administrators and to inform the Native public about the legal system. The programme is involved in:

--identifying, analysing and recommending province-wide policies (i.e. language and translation services in court)

--represents the department to Native people and their organizations

--establishes two-way communication systems through cross-cultural awareness programs and information seminars and publications.

Contact: Native Peoples' Programme Office
Alberta Attorney General
3rd Floor Bowker Bldg.
9833 - 109 Street
Edmonton, Alberta
T5K 2E8
(427-4992)

APPENDIX I

HEALTH UNITS AND SUB-OFFICES

Airdrie Sub-office
See Mount View Health Unit

Alberta East Central Health Unit
5402 - 50 Avenue (Box 550)
Stettler, T0C 2L0 (742-3326)

Sub-offices: Bashaw, Camrose, Castor, Coronation, Daysland, Galahad, Hardisty, Hughenden, Provost, Sedgewick

Alberta West Central Health Unit
5003 - 3 Avenue (Box 1718)
Edson, T0E 0P0 (723-4421)

District offices: Drayton Valley, Evansburg, Grande Cache, Hinton

Athabasca Health Unit
3401 - 48 Avenue (Box 1140)
Athabasca, T0G 0B0 (675-2231)

Sub-offices: Calling Lake, Kinuso, Lac La Biche, Slave Lake, Smith, Desmarais

Clinics: Peerless Lake, Trout Lake, Chip Lake

Banff National Park Health Unit
Box 1266
Banff, T0L 0C0 (762-2990)

Barons-Eureka-Warner Health Unit
Box 1000
Coaldale, T0K 0L0 (345-4451)

Sub-offices: Picture Butte, Raymond, Taber, Vauxhall, Warner

Barrhead District Office
See Sturgeon Health Unit

Bashaw Sub-office
See Alberta East Central Health Unit

Beaumont Sub-office
See Leduc-Strathcona Health Unit

Beaverlodge District Office
See South Peace Health Unit

Big Country Health Unit
401, 3 Avenue & Centre Street
(Box 279)
Hanna, T0J 1P0 (854-3325)

Sub-offices: Consort, Empress, Oyen

Black Diamond Sub-office
See Foothills Health Unit

Blairmore Sub-office
See Chinook Health Unit

Bonnyville Sub-office
See Northeastern Alberta Health Unit

Bow Island Sub-office
See Southeastern Alberta Health Unit

Brooks Sub-office
See Southeastern Alberta Health Unit

Calgary Health Services
320 - 17 Avenue S.W.
(Box 4016, Station "C")
Calgary, T2T 5T1 (228-7400)

Calling Lake Sub-office
See Athabasca Health Unit

Camrose Sub-office
See Alberta East Central Health Unit

Canmore Sub-office
See Mount View Health Unit

Cardston Sub-office
See Chinook Health Unit

Carstairs Sub-office
See Mount View Health Unit

Castor Sub-office
See Alberta East Central Health Unit

Chinook Health Unit
521 - 26 Street (Box 727)
Fort Macleod, T0L 0Z0 (553-4451)

Sub-offices: Blairmore, Cardston, Claresholm, Magrath, Pincher Creek

Chip Lake Clinic
See Athabasca Health Unit

Claresholm Sub-office
See Chinook Health Unit

Coaldale
See Barons-Eureka-Warner Health Unit

Cochrane Sub-office
See Mount View Health Unit

Consort Sub-office
See Big Country Health Unit

Coronation Sub-office
See Alberta East Central Health Unit

Daysland Sub-office
See Alberta East Central Health Unit

Delburne Sub-office
See Red Deer Health Unit

Desmarais Sub-office
See Athabasca Health Unit

Devon Sub-office
See Leduc-Strathcona Health Unit

Didsbury Sub-office
See Mount View Health Unit

Drayton Valley District Office
See Alberta West Central Health Unit

Drumheller Health Unit
647 - 7 Avenue E. (Box 1780)
Drumheller, T0J 0Y0 (823-3341)

Sub-offices: Strathmore, Three Hills

Edmonton Board of Health
Ste. 500, 10216 - 124 Street
Edmonton, T5N 4A3 (482-1965)

Edson
See Alberta West Central Health Unit

Elk Point Sub-office
See Northeastern Alberta Health Unit

Empress Sub-office
See Big Country Health Unit

Evansburg District Office
See Alberta West Central Health Unit

Falher Sub-office
See Peace River Health Unit

Fairview Sub-office
See Peace River Health Unit

Foothills Health Unit
Box 638,
High River, T0L 1B0 (652-3297)

Sub-offices: Black Diamond, Nanton, Okotoks, Vulcan

Fort Macleod
See Chinook Health Unit

Fort McMurray & District Health Unit
9921 Main Street, Fort McMurray, T9H 4B4 (743-3232)

Fort Saskatchewan Sub-office
See Leduc-Strathcona Health Unit

Fort Vermilion
See High Level-Fort Vermilion Health Unit

Fox Creek Sub-office
See Stony Plain-Lac Ste. Anne Health Unit

Galahad Sub-office
See Alberta East Central Health Unit

Grand Centre
See Northeastern Alberta Health Unit

Grande Cache District Office
See Alberta West Central Health Unit

Grande Prairie
See South Peace Health Unit

Hanna
See Big Country Health Unit

Hardisty Sub-office
See Alberta East Central Health Unit

High Level-Fort Vermilion Health Unit
105 Avenue & 103 Street, (Bag 400) High Level, T0H 1Z0 (926-3791)

High Prairie Sub-office
See Peace River Health Unit

High River
See Foothills Health Unit

Hinton District Office
See Alberta West Central Health Unit

Holden Sub-office
See Vegreville Health Unit

Hughenden Sub-office
See Alberta East Central Health Unit

Innisfail Sub-office
See Red Deer Health Unit

Irricana Sub-office
See Mount View Health Unit

Jasper National Park Health Unit
508 Robson Street (Box 925)
Jasper, T0E 1E0 (852-4759)

Kitscoty Sub-office
See Minburn-Vermilion Health Unit

Kinuso Sub-office
See Athabasca Health Unit

Lac La Biche Sub-office
See Athabasca Health Unit

Lacombe Sub-office
See Red Deer Health Unit

Lamont Sub-office
See Vegreville Health Unit

Leduc-Strathcona Health Unit
2011 Brentwood Boulevard
Sherwood Park, T8A 0X2
(467-5571)

Home Care Office:
340 Sioux Road, T8A 3X7
(467-5549)

Sub-offices: Fort Saskatchewan, Leduc, Devon, Thorsby, Beaumont

Lethbridge Health Unit
801 - 1 Avenue South
Lethbridge, T1J 4L5 (327-2166)

Magrath Sub-office
See Chinook Health Unit

Manning Sub-office
See Peace River Health Unit

Medicine Hat
See Southeastern Alberta Health Unit

Medley Sub-office
See Northeastern Alberta Health Unit

Minburn/Vermilion Health Unit
Box 720
Vermilion, T0B 4M0 (853-5270)

Sub-offices: Kitscoty, Wainwright

Morinville District Office
See Sturgeon Health Unit

Mount View Health Unit
Ste. 200, Carma Building,
6715 - 8 Street N.E.
Calgary, T2E 7H7 (275-2286)

Sub-offices: Airdrie, Canmore, Carstairs, Cochrane, Didsbury, Irricana, Olds, Sundre

Nanton Sub-office
See Foothills Health Unit

Northeastern Alberta Health Unit
Box 1468
St. Paul, T0A 3A0 (645-3396)

Sub-offices: Bonnyville, Elk Point, Grand Centre, Smoky Lake, Medley

Olds Sub-office
See Mount View Health Unit

Okotoks Sub-office
See Foothills Health Unit

Oyen Sub-office
See Big Country Health Unit

Peace River Health Unit
10015 - 98 Street, (Box 69)
Peace River, T0H 2X0 (624-3611)

Sub-offices: Fairview, Falher, High Prairie, Manning, Worsley

Peerless Lake Clinic
See Athabasca Health Unit

Picture Butte Sub-office
See Barons-Eureka-Warner Health Unit

Pincher Creek Sub-office
See Chinook Health Unit

Ponoka Sub-office
See Wetoka Health Unit

Provost Sub-office
See Alberta East Central Health Unit

Raymond Sub-office
See Barons-Eureka-Warner Health Unit

Red Deer Health Unit
4920 - 51 Street
Red Deer, T4N 6K8 (346-7741)

Sub-offices: Delburne, Innisfail, Lacombe, Rocky Mountain House, Sylvan Lake

Redwater District Office
See Sturgeon Health Unit

Rimbey Sub-office
See Wetoka Health Unit

Rocky Mountain House
See Red Deer Health Unit

St. Albert
See Sturgeon Health Unit

St. Paul
See Northeastern Alberta Health Unit

Sedgewick Sub-office
See Alberta East Central Health Unit

Sherwood Park
See Leduc-Strathcona Health Unit

Slave Lake Sub-office
See Athabasca Health Unit

Smith Sub-office
See Athabasca Health Unit

Smoky Lake Sub-office
See Northeastern Alberta Health Unit

South Peace Health Unit
10320 - 99 Street
Grande Prairie, T8V 6J4
(532-4441)

District Offices: Spirit River, Beaverlodge, Valleyview

Southeastern Alberta Health Unit
2948 Dunmore Road S.E.
Medicine Hat, T1A 8E3 (526-7950)

Sub-office: (for home care, dental, speech, environmental)
770 - 1 Street S.E.,
Medicine Hat (527-1136); also for Bow Island and Brooks

Spirit River District Office
See South Peace Health Unit

Spruce Grove Sub-office
See Stony Plain-Lac Ste. Anne Health Unit

Stettler
See Alberta East Central Health Unit

Stony Plain-Lac Ste. Anne Health Unit
4905 - 47 Avenue (Box 210)
Stony Plain, T0E 2G0 (963-2206)

Sub-offices: Whitecourt, Spruce Grove, Fox Creek

Strathmore Sub-office
See Drumheller Health Unit

Sturgeon Health Unit
23 Sir Winston Churchill Avenue (Box 174)
St. Albert, T8N 1N3 (459-6671)

District Offices: Barrhead, Morinville, Redwater, Swan Hills, Westlock, Thorhild

Sundre Sub-office
See Mount View Health Unit

Swan Hills District Office
See Sturgeon Health Unit

Sylvan Lake Sub-office
See Red Deer Health Unit

Taber Sub-office
See Barons-Eureka-Warner Health Unit

Thorhild District Office
See Sturgeon Health Unit

Thorsby Sub-office
See Leduc-Strathcona Health Unit

Three Hills Sub-office
See Drumheller Health Unit

Trout Lake Clinic
See Athabasca Health Unit

Two Hills Sub-office
See Vegreville Health Unit

Valleyview District Office
See South Peace Health Unit

Vauxhall Sub-office
See Barons-Eureka-Warner Health Unit

Vegreville Health Unit
Box 99
Vegreville, T0B 4L0 (632-3331)

Sub-offices: Holden, Lamont, Two Hills

Vermilion
See Minburn-Vermilion Health Unit

Vulcan Sub-office
See Foothills Health Unit

Wainwright Sub-office
See Minburn-Vermilion Health Unit

Warner Sub-office
See Barons-Eureka-Warner Health Unit

Westlock District Office
See Sturgeon Health Unit

Wetoka Health Unit
5610 - 40 Avenue
Wetaskiwin, T9A 3E4 (352-3337)

Sub-offices: Ponoka, Rimbey, Winfield

Whitecourt Sub-office
See Stony Plain-Lac Ste. Anne Health Unit

Winfield Sub-office
See Wetoka Health Unit

Worsley Sub-office
See Peace River Health Unit

APPENDIX II

FAMILY AND COMMUNITY SUPPORT SERVICES OFFICES

AIRDRIE
Social Planning Unit
City of Airdrie
Box 3400
T4B 2B6
(948-5907)

ALEXANDER INDIAN BAND
See Morinville

ALEXIS BAND
See Glenevis

ALIX
Box 306
TOC OBO
(747-2030)

ATHABASCA
Box 90
TOG OBO
(675-2623)

BANFF
Box 1835
TOL OCO
(762-4426)

BARRHEAD
Box 488
TOG OEO
(674-3341)

BASSANO
Box 120
TOJ OBO
(641-3520)

BLACKFOOT BAND
See Gleichen

BLAIRMORE
Box 326
TOK OEO
(562-8861)

BLOOD BAND
See Standoff

BON ACCORD
Box 100
TOA OKO
(921-3550)

BONNYVILLE
5000B - 49 Avenue (Box 1665)
TOA OLO
(826-2120)

Kehewin Band
Box 218
TOA OLO
(826-3333)

BROCKET
Peigan Band
Box 70
c/o Marvin Yellowhorn
TOH 1YO
(965-3802)

BROOKS
Bag 880
TOJ OJO
(362-3333)

CALGARY
Social Services
Department (8116)
City of Calgary
Box 2100, Station "M"
T2P 2M5
(268-5111)

CALLING LAKE
General Delivery
TOG OKO
(331-3733)

CAMROSE
4703 - 53 Street
T4V 1Y8
(672-0141)

CANMORE
Box 460
TOL OMO
(678-5597 or 9)

CARSTAIRS
Box 370
TOM ONO
(337-3341)

CASLAN
c/o Horace Patenaude
TOA ORO
(689-2170)

CHATEH
Dene Tha'
Box 120
TOH OSO
(321-3781)

CLARESHOLM
Box 1297
TOL OTO
(625-4417)

COALDALE
Barons-Eureka-Warner
Box 328
TOK OLO
(345-4451)

COLD LAKE
Box 87, 1020 - 8 Avenue
TOA OVO
(639-3626)

COLD LAKE FIRST NATIONS
See Grande Centre

DENE THA'BAND
See Chateh

DIDSBURY
Box 790
TOM OWO
(335-3391)

DRUMHELLER
Box 2549
TOJ OYO
(823-6300, ex. 117)

ECKVILLE
Box 578
TOM OXO
(746-3177)

EDMONTON
Edmonton Social Services
5th Floor, Centennial Library
7 Sir Winston Churchill Sq.
T5J 2V4
(428-5917)

EDSON
Box 1388
TOE OPO
(723-4401)

ELIZABETH METIS SETTLEMENT
See Grand Centre

ELK POINT
Box 340
TOA 1AO
(724-3800)

ENOCH TRIBAL ADMINISTRATION
See Winterburn

FALHER
Box 487
TOH 1MO
(837-8311)

FIRST NATION
See Grand Centre

FISHING LAKE METIS SETTLEMENT
See Sputinow

FOREMOST
Village of Foremost, Box 159
TOK OXO
(867-3733)

FORT ASSINIBOINE
Box 150
TOG 1AO
(584-3922)

FORT CHIPEWYAN
Box 120
TOP 1BO
(697-3674 or 3627)

FORT MACLEOD
Box 232
TOL OZO
(553-4491)

FORT MCMURRAY
9909 Franklin Avenue
T9H 2J3
(743-7910)

FORT SASKATCHEWAN
(10005 - 102 Street -- mailing)
10213 - 100 Avenue
T8L 2C5
(998-5151)

FORT VERMILION
Tallcree Band
Box 367
TOH 1VO
(927-3727)

FROG LAKE
Frog Lake Band
General Delivery
TOA 1MO
(943-2211)

GIBBONS
Town of Gibbons
Box 68
TOA 1NO
(923-3331)

GLEICHEN
Blackfoot Band Office
Box 249
TOJ 1NO
(734-3040)

GLENDON
Village of Glendon
Box 177
TOA 1PO
(635-3807)

GLENEVIS
Alexis Band
Box 7
TOE OXO
(967-2225)

GRAND CENTRE
Cold Lake First Nations
Box 1769
TOA 1TO
(594-7183)

GRAND CENTRE
Elizabeth Metis Settlement
Box 420
TOA 1TO
(594-5026)

GRANDE CACHE
Box 300
TOE OYO
(827-2296)

GRANDE PRAIRIE
9902 - 101 Street
T8V 2P5
(539-8080)

County of Grande Prairie #1
8611 - 108 Street
T8V 4C5
(532-9722)

HANNA
Community Services Department
Box 430
TOJ 1PO
(854-4700)

HIGH LEVEL
Box 208
TOH 1ZO
(926-2267)

Little River Band
Box 1165
TOH 1ZO
(759-3950 or -3912)

HIGH PRAIRIE
Box 999
TOG 1EO
(523-4441)

Lesser Slave Lake Indian Regional
Council
Box 1740
TOG 1EO
(523-4401)

HIGH RIVER
Bag #10
TOL 1BO
(652-2307, ex. 18 or 19)

HINTON
Community Services
Box 818
TOE 1BO
(865-2217, ex. 34)

HOBBEMA
Samson Band Community Service
Box 159
TOC 1NO
(585-3793, ex. 186)

HYTHE
Box 219
TOH 2CO
(356-3888)

INNISFAIL
Box 220
TOM 1AO
(227-3376)

INNISFREE
See Manville

IRRICANA
Box 100
TOM 1BO
(935-4672)

JASPER
Box 1539
TOE 1EO
(852-3381)

KEHEWIN BAND
See Bonnyville

KILLAM
Box 450
TOB 2LO
(385-3976)

LAC LA BICHE
Box 756
TOA 2CO
(623-4463)

LACOMBE
Box 1179
TOC 1SO
(782-6637)

LAKE LANDS
See Slave Lake

LEDUC
City of Leduc
Box 187
T9E 4C4
(986-2261, ex. 131)

County of Leduc
4301 - 50 Street
T9E 2X3
(986-2251, ex. 259)

LESSER SLAVE LAKE
See High Prairie

LETHBRIDGE
Community Services Directorate
c/o City Hall
910 - 4 Avenue S.
T1J OP6
(320-3020)

LITTLE RIVER BAND
See High Level

LLOYDMINSTER
6th Floor, Petroleum Place
5116 - 50 Street
T9V OM3
(875-9127)

MA-ME-O BEACH
Municipal Administrator
General Delivery
TOC 1XO
(586-2251)

MANNVILLE
Mannville, Minburn, Innisfree
Box 534
TOB 2WO
(763-3005)

MEDICINE HAT
Social Planning Department
580 - 1 Street S.E.
T1A 8E6
(529-8311)

MILLET
Box 270
TOC 1ZO
(387-4554)

MINBURN
See Mannville

MIRROR
c/o Connie Brooks
Box 96
TOB 3CO
(788-2415)

MORINVILLE
Box 420
TOG 1PO
(939-4361)

Alexander Band
Box 510
TOG 1PO
(939-5887)

M.D. of Sturgeon #90
9601 - 100 Street
TOG 1PO
(939-4321)

MORLEY
Stoney Tribal Administration
Box 40
TOL 1NO
(881-3770)

NANTON
Box 910
TOL 1RO
(646-2436)

O'CHIESE BAND
See Rocky Mountain House

OLDS
Box 189
TOM 1PO
(556-6981)

OKOTOKS
Box 220
14 McRae Street
TOL 1TO
(938-4404, ex. 15, 16)

PEACE RIVER
Community Services
Box 1062
TOH 2XO
(624-1000)

PEIGAN BAND
See Brocket

PINCHER CREEK
Box 2841 Tues. only; 10 - 2 p.m.
TOK 1WO
(627-2232)

PONOKA
Box 241
TOC 2HO
(783-4462)

PORCUPINE HILLS
See Claresholm

PROVOST
Eastpark Senior Needs Worker Association
Box 758
TOB 3SO
(753-2280)

RED DEER
City of Red Deer
Box 5008
T4N 3T4
(342-8100)

RIMBEY
Box 404
TOC 2JO
(843-2030)

ROCKY MOUNTAIN HOUSE
Sunchild Band
Box 747
TOM 1TO
(989-3740)

Town of Rocky Mountain House Administrator, Box 1509
TOM 1TO
(845-2866)

O'Chiese Indian Band
Box 1570
TOM 1TO
(989-3943)

SADDLE LAKE
Saddle Lake Band Office
Box 100
TOA 3TO
(726-3829)

ST. ALBERT
5 St. Anne Street
T8N 3Z9
(459-1512)

ST. PAUL
Box 1480
TOA 3AO
(645-5311)

SAMSON INDIAN BAND
See Hobbema

SHERWOOD PARK
205 Athabascan Avenue
T8A 4C8
(464-4044)

SLAVE LAKE
Lakelands
Box 858
TOG 2AO
(849-5325)

SMOKY RIVER
See Falher

SPRUCE GROVE
Community Services
410 King Street
T7X 2Z1
(962-2611, ex. 130 and 132)

SPUTINOW
Fishing Lake Settlement Office
General Delivery
TOA 3GO
(943-2202)

STANDARD
Box 361
TOJ 3GO
(644-3839)

STANDOFF
Blood Tribe Department of Health
Box 30
TOL 1YO
(737-3974 or 3753)

STETTLER
Box 2097
TOC 2LO
(742-2337)

STONEY TRIBAL ADMINISTRATION
See Morley

STURGEON (M.D. OF)
See Morinville

SUNCHILD INDIAN BAND
See Rocky Mountain House

SUNDRE
Box 705
TOM 1XO
(638-3220)

SWAN HILLS
Box 607
TOG 2CO
(333-4303)

SYLVAN LAKE
Box 70
TOM 1ZO
(887-2141)

TABER
See Coaldale

TALLCREE
See Fort Vermilion

TURNER VALLEY
Box 330
TOL 2AO
(933-7485)

TWO HILLS
Box 687
TOB 4KO
(657-3540)

VEGREVILLE
Box 809
TOB 4LO
(632-3966)

VIKING
Box 688
TOB 4NO
(336-4024)

VULCAN
Box 360
TOL OBO
(485-2191)

WAINWRIGHT
Box 1391
T0B 4P0
(842-2777)

WARNER
See Coaldale

WESTLOCK
Box 1266
T0G 2L0
(349-5900)

WETASKIWIN
5010 - 50 Avenue
T9A 0S4
(352-6023)

County of Wetaskiwin
5109 - 51 Street
T9A 2A5
(352-3321)

WHEATLAND
See Standard

WHITECOURT
Box 509
T0E 2L0
(778-6300)

WILDWOOD
Box 300
T0E 2M0
(325-3782)

WINTERBURN
Enoch Tribal Administration
Box 2, R.R. 1, Site 2
T0E 2N0
(470-5666)

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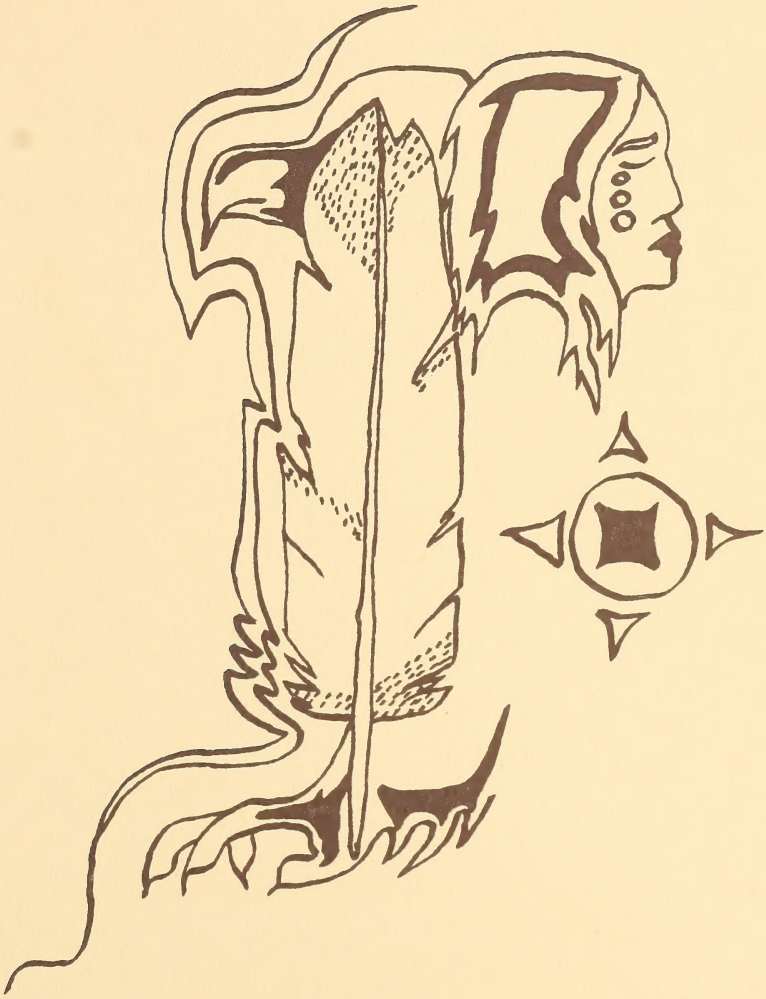
Original sketch opposite by

RHONDA CARDINAL,

a 15 year old student from
Ben Calf Robe Catholic Junior High School
Edmonton, Alberta.



Rhonda Cardinal
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Alberta
Senior Citizens Secretariat